

HEALTH ACTION PLEDGE

DETERMINATION

Change toward improved health will take both initial and continuing work through perseverance. Be relentless. Make things happen.

SIMPLICITY

Keep it simple, so your changes can be manageable and sustainable. Be practical.

AVAILABILITY

Your health happens 24 hours a day. Success will require some sacrifices of your personal time. Be receptive and open.

HUMILITY

It is good to be teachable. Listen to the health professionals – they know what they're talking about. Value the opinion of others.

SINCERITY

Your health coach can help you if you are sincere about your attitudes, feelings, and behaviors. Be direct, truthful, and transparent.

DISCIPLINE

You will be faced with challenges every day – you'll need to make choices that impact your health. The more consistent you are with your choices, the easier it will be to stay healthy. Be punctual. Fulfill commitments.

OWNERSHIP

Stay committed to your goals. Take ownership of your situation and your decisions, and you will see results.

I have read and I understand these values. To be a successful participant in this program, for the next year I will be relentless, practical, receptive and open, direct, truthful, transparent, and punctual. I will value the opinion of others and I WILL STAY COMMITTED TO MY GOALS.