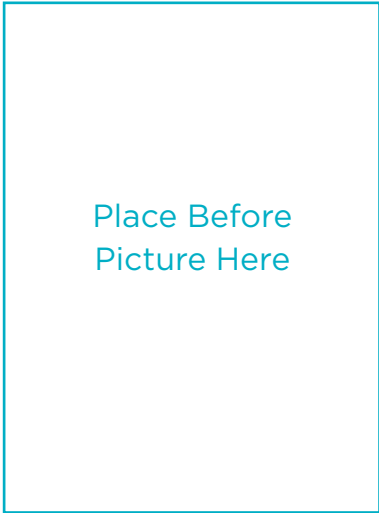


# My Personal Success Promise

I, \_\_\_\_\_, commit to complete the following Isagenix program:

- 30 Day Program
- 9 Day Program
- Total Health and Wellness Program

My goal is to reach my target weight of \_\_\_\_\_ and lose \_\_\_\_\_ kilos by \_\_\_\_\_.



How would I rate my current level of commitment to accomplish this goal?

- Highly Motivated
- Moderately Motivated
- Slightly Motivated

My other health and wellness goals are to:

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> Exercise      | <input type="checkbox"/> Build Lean Muscle | <input type="checkbox"/> Improve a Relationship |
| <input type="checkbox"/> Reduce Stress | <input type="checkbox"/> Break a Bad Habit | <input type="checkbox"/> Have More Energy       |
| <input type="checkbox"/> Sleep         | <input type="checkbox"/> Better            | <input type="checkbox"/> Other                  |

I will surround myself with positive people who will support me. My personal Support Team includes:

_____	_____
_____	_____
_____	_____
_____	_____

I commit to following my Isagenix Program and to build my personal Support Team.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

Witness: \_\_\_\_\_ Date: \_\_\_\_\_

Cleansing Coach: \_\_\_\_\_ Date: \_\_\_\_\_

**IMPORTANT:** Give your Cleansing Coach a copy of this page so he or she may offer advice and help you accomplish your goals.