

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 _____ pounds 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:

- Exercise
- Build Lean Muscle
- Improve a Relationship
- Reduce Stress
- Break a Bad Habit
- Have More Energy
- Sleep Better
- 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.

