

*Letter of Commitment*

*I Christa agree to work out \_\_\_\_\_ time a week for \_\_\_\_\_ minutes. I commit to work out for \_\_\_\_\_ days/months at this pace. I promise myself to do this for myself and the “future me” that I am working to become.*

*I believe in you, I support you, I love you, & I will do this!*

*Signed: \_\_\_\_\_*

*Date: \_\_\_\_\_*