

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

Place Before
Picture Here

Place After
Picture Here

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 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.