



My Bridal Body Contract

I will do structured exercise 7 days a week and I will lose kilograms and reshape my body.

I will fuel my body with a healthy mix of proteins, fruit, vegetables and healthy fats.

I will drink at least 8 glasses of water per day. I will write my fitness appointments in my diary and stick to them like any other commitment. I will take positive steps towards my goal and wedding day every day.

Sign/
date
