

Prince George's Community Presbyterian Church

MY BODY IS MY TEMPLE CONTRACT

I, _____, hereby commit to a life of being active and demonstrating self-control when it comes to my eating. I will remain focused on challenging my abilities in the pursuit of elevating my physical performance. In addition, I will consistently terminate the consumption of all food two to three hours prior to my bedtime. I will endeavor to be conscious of when and why I eat and will, to the best of my ability, eat simply to satisfy my nutritional needs as opposed to my emotional needs. I will also do my best to make healthful food choices for myself and my family.

For the next 30 days, I commit to encourage and support my PGCC sister/partner, as we strive to live healthier lives.

I can do all things through Christ who strengthens me (Philippians 4:13). Each day I will ask God to give me the strength to fulfill the commitments set forth in this contract.

I realize that this contract is solely with myself and that it carries no rewards, penalties or punishments other than those associated with the reflection of the strength of my character.

Signature

Date