

My Dream Commitment Statement

1. **My Dream is** ...to eat healthier and become more physically fit.
2. **This is my dream because** ...I no longer do anything for myself, I used to dance in college and I have a lack of energy.
3. **I will reach my dream by** ...keeping a food/work out diary and writing down my work out and what I eat every day. I will review my calendar and progress every Sunday in order to stay on track. I will also work out 4 days a week, no less than 3 (no exceptions)! I will utilize online tools and fitness magazines to learn what foods to eat and learn new healthy recipes. I will also start taking dancing classes again.
4. **My target achievement date is** ...ongoing. At the end of each month, I will review the plan I recorded in my food/work out diary and tweak if necessary.
5. **I achieved my dream** in September 2008. I no longer needed to write anything down. My plan is now engrained into my everyday life and part of who I am.

*Below is the tool I created to help me organize, record and track my progress to achieve my goal of eating healthy and becoming more physically fit.

August 2008							
	SUN	MON	TUE	WED	THU	FRI	SAT
Breakfast	Coffee w/cinnamon 3 egg whites Banana Whole Wheat Toast	Coffee w/cinnamon Banana Cheerios	Coffee w/cinnamon Banana Cheerios	Coffee w/cinnamon Banana Cheerios	Coffee w/cinnamon Banana Cheerios	Coffee w/cinnamon Banana Honey Bunches of Oats	Coffee Toast Pancakes Egg whites
Lunch	Wheat Wrap Turkey, Tomato, Mustard Apple Low sodium Soup	Apple Carrots Wheat Wrap Low sodium Soup	Apple Wheat wrap String cheese	Apple Salad with chicken Balsamic dressing	Apple Salad with chicken Balsamic dressing Veggies	Turkey wheat wrap Fat free cheese Side salad Apple	Apple Low sodium Soup Grapes Peanut Butter Crackers Toast Doritos
Snack	Grapes A few cashews	Nature Valley Bar Grapes Carrots	Nature Valley Bar	Nature Valley Bar Low sodium Soup	Mango	String cheese	2 Cookies
Dinner	Lemon Chicken Steamed veggies Salad	Tilapia Green Beans Salad	Steak fajitas Brown rice Steamed veggies	Lemon Chicken brown rice Salad	BBQ Chicken on grill Grilled veggies	Sea scallops Asparagus Bread	Seafood Bread A piece of chocolate cake
Workout	Elliptical 30 min Weights 30 min	Run 25 min Lunges, abs, push ups	20 Minute cardio video	Dance Class	Run 25 minutes Stair Stepper 15 min	Bike 30 minutes Lifted	No Work out
Comments	Felt good, had energy				Felt great, had energy Came home and cleaned	Felt great, motivated	Overate
	SUN	MON	TUE	WED	THU	FRI	SAT
Breakfast	Coffee w/cinnamon Cheerios w/milk Grapefruit	Coffee w/cinnamon Honey Bunches of Oats Banana	Coffee w/cinnamon Banana Cheerios	Coffee w/cinnamon Banana Cheerios	Coffee w/cinnamon Banana Cheerios	Coffee w/cinnamon Banana Cheerios	Coffee w/cinnamon Egg whites 2 pieces of wheat toast
Lunch	Turkey wheat wrap Fat free cheese Cottage cheese Grapes	Salad bar w/chicken Balsamic dressing Low sodium Soup	Turkey wheat wrap Fat free cheese Side salad Apple	Champs for Happy Hour Chicken wrap - no ranch Veggies instead of fries	Grilled chicken side salad Veggies	Lunch at Crave Seared Tuna salad/ dressing on the side 1 piece of bread	Chicken noodle soup Apple Carrots
Snack	Apple Low sodium Soup	String cheese	Soup Nature Valley bar Piece of wheat toast	NA	Mango	NA	Mango
Dinner	Chicken taco's Wheat shell Salsa, no Sour cream	Chicken w/Mesquite Marinade Grilled veggies Potato with light butter	Grilled salmon Side salad 1 cal spray dressing Asparagus	Tilapia Grilled veggies Side salad 1 cal spray dressing	Grilled chicken w/BBQ Grilled veggies Side Salad 1 cal spray dressing	Chicken enchiladas Wheat wrap No sour cream Brown rice	Lasagna Lean beef Fat free cheese Side salad
Workout		Class at gym		Dance Class	Ran 25 minutes 20 minutes stair stepper	Bike for 30 minutes Weights	Ran for 25 minutes Jump rope - 10 minutes
Comments	Not motivated , tired	Felt great after class Dinner was really good	Didn't work out - sore from class		Felt great , had energy		Felt great , had energy