



My Success Agreement

I, _____, fully commit to prioritizing my health and wellbeing, and taking consistent daily action throughout the duration of my nutritional therapy consultation plan.

I promise to set time aside after each consultation to review my Nutrition Recommendations and read any recommended resources.

I am aware that Nutritional Therapy utilizes a holistic and integrative approach to health, and some concepts may be new to me. Therefore, I promise to keep an open mind, ask for clarification on anything I don't understand, and play an active role in learning more about nutrition, health, and my body.

I will focus on progress and not perfection, taking small steps and going as slowly as needed to make necessary changes and implement new habits. I know that being perfect is not attainable, but being consistent is.

I will hold myself accountable at all times, and understand that although Kim can provide information, support, guidance, and motivation, the work I do outside of the office is my responsibility. I am in control of my thoughts and my actions. I take responsibility to notify Kim of my progress and any changes, and when I need supplement refills in order to stay consistent on my plan.

I understand I may feel overwhelmed or discouraged at times and may have some setbacks along the way, but I will reach out to Kim when I'm struggling and promise to be kind to myself, practice self-forgiveness, and love myself regardless of the changes I am seeking to make.

I honor the fact that healing is not just physical, and requires mental and emotional attention as well. I will actively work on addressing stress and adopting a positive mindset in order to best allow my body to restore, rebalance, and thrive.



My Success Agreement

My "why".

My top 3 goals.

My 3 action steps for keeping myself accountable.

At the end of this plan, I want to feel.

Signature _____

Date _____