

Woman's Day

Pounds-off pledge

We pledge to:

- Get together at least once a week to cook healthy meals.
- Work out three times a week, for starters, whether it's walking, doing a DVD or riding the bike at the gym.
 - Call, email or text each other when we're feeling tempted to eat poorly or skip a workout.
- Stay optimistic and committed, and cheer each other on. (Weight loss takes time, but it's easier with support.)

Signatures:

_____	_____
_____	_____
_____	_____