

# My Commitment

I, \_\_\_\_\_, commit to my Core Balance Training program for at least 5 days in a row, starting \_\_\_\_\_.

This will help to keep my core strong and in balance, and protect my back so that it is not in pain. Taking care of my back is really important to me because

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If I finish 5 days in a row of sticking to my program, I will reward myself with

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If I don't stick to the program for 5 days in a row, I promise to

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I will do the following things to ensure that I will follow through with my training program:

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Signature: \_\_\_\_\_

Date: \_\_\_\_\_