



January 19, 2015 - March 22, 2015

Team Name: _____ Location: Dosker Jeffersonville Hardin County Louisville

Print Name: Last _____ First _____

Gender: Female Male Age: _____ Height: _____ Current Weight: _____ Desired Weight : _____

Address: _____

City ` _____ State _____ Zip Code _____

Phone Number: _____ Alternate Number: _____

Email: _____

I will commit to 40 Days of Providing a Lifetime of Improving myself through the St. Stephen Family Life Center 2015 Daniel Plan:

(Please sign) _____ Date: _____ Parent/Guardian of: _____



Are you ready to start your journey to a healthier life? Is it time to make some changes?

Go ahead; Make the Commitment to yourself and God

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The Daniel Plan is far more than a diet. It is a Lifestyle Program based on Biblical Principles and Five Essential Components: Faith – Food – Fitness – Focus - Friends

For additional information go to: <http://www.danielplan.com/starthere/>

These last two components — faith and friends — is called *the Secret Sauce* that makes The Daniel Plan so effective. When you have *God and a group* helping you, you now have far more than willpower helping you make positive changes, and you are far more likely to stay consistent.

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(Please sign) _____ Date: _____ Parent/Guardian of: _____

Current Weight: _____ Desired Weight : _____