

My 21 Day Plant-Based Diet Contract

Here is one way to be successful: *Make a pledge* with yourself that you will do your best, to invest in yourself, in your health and in your future, by choosing to follow **21 Days of Plant-Based Eating**.

Vow to yourself you will do your best. Read it out loud to be accountable to the most important person in the room: You.

This is your pact with your body and mind to do something special and commit to, right here and now:

I, _____, promise to myself, that I will try to eat a mostly whole-food, plant-based diet for the next 21 days.

I am doing this for my personal health, my wellbeing, and my future self, as well as to benefit the planet and reduce the impact of my food choices on climate change, and for the sake of farmed animals.

I want to be the best version of myself, as well as follow through on my value system, to have the integrity of my decisions, in my food choices and meal planning, and to make the healthiest choices I can every day, for me, the planet and animals.

This is my word to myself, and I will follow through from this moment forward, the best I can, for 21 days.

Signed: _____ Date _____