

Mind Set 100-Day Behavior Contract

Speed

Fluency

Resilience

(BMI balance + Muscle Gain)

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Lead your mind and body with purpose and innovation.
Self-discipline, self-management, and resilience — also known as mental flexibility — are the strongest predictors of independence, success, and a healthy life.
Through the power of neuroplasticity, the brain can grow and adapt, allowing us to pursue and achieve any goal we commit to, regardless of our biological limitations.

- healthy weight loss
- muscle gain
- resilience
- consistency
- self-discipline

To support:

Acceptance & commitment

Consistency over motivation

“I am committing to 100 days of healthy habits, exercise, and self-care to lose fat, gain muscle, and build strength. I will focus on progress, not perfection. I will be kind to myself while staying responsible for my goals.”**Target Behaviors (What you will do consistently)**

I, agree to the following

- 1 Exercise at least **5 days per week**
- 2 Strength training **3 days per week**
- 3 Cardio or walking **2 days per week**
- 4 Eat **high-protein balanced meals** daily
- 5 Drink **6–8 cups of water** per day
- 6 Sleep **7+ hours** per night
- 7 Track progress **weekly**

My personal goals

I am strong and commitment to my goals

Replacement for Problem Behaviors

Instead of:

- skipping workouts
- emotional eating
- negative self-talk
- giving up when stressed
- Making weather as excuse for not working out ...

You will practice:

- walking or stretching instead of overeating
- journaling instead of quitting
- positive coping statements
- restarting the next meal or next day

Commitment Rules:

If you miss a day:

- No guilt
- No all-or-nothing thinking
- Restart next day
- Be resilient
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The behavior goal is consistency — not perfection.

Signature line (optional, but powerful!)

- Signature: _____
- Start date: _____

- End date (Day 100): _____
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Reward System (Motivation & Reinforcement)

Behavior change is stronger when reinforced.

We will use:

- **daily rewards**
- **weekly rewards**
- **milestone rewards**

Behavioral contract strengthens commitment and resilience