



HEALTHY HOLIDAY EATING CONTRACT

CONTRACT

I know that it is possible to enjoy the wonderful food of this holiday season **and** keep my blood sugar stable.

Today, I make a promise to myself to make healthy food choices during this holiday season. I will balance my food intake. I will limit the sweets and desserts I eat. I will avoid grazing between meals. If I drink, I will do so in moderation. I will maintain my activity level. And I will check my blood sugar throughout the day, everyday, to make sure that I am within my target ranges.

I promise to enjoy this special time of the year and give thanks for my health, happiness, and the love of my friends and family.

Signature

Date

Sign and date this contract and place it on your refrigerator, or take it with you wherever you go this holiday season.