

# Food Freedom Contract



I \_\_\_\_\_,

Commit to focusing on healing emotional wounds and the habit of emotional eating for the next 9 months.

Commit to learning about myself and my emotions without judgment—focusing in on self-love.

Commit to eating freely, without rules or restriction.

Commit to practicing patience as I go through the program.

Commit to trusting to the process as I learn how to integrate intuitive eating and authenticity.

Signature & Date \_\_\_\_\_

