



I, _____, commit to myself and this program for the next 30 days. By signing this commitment statement, I understand that I will make the necessary changes that I need to achieve my health goals. I understand that living a healthy lifestyle is a combination of different aspects of things including; mindset, nutrition, daily habits, and daily moving. I will not judge myself for the hard days, and I will celebrate the small victories as they come.

By signing this, I am giving myself to this program and I am already starting off with a positive mindset of owning my actions and commitment to myself.

I am beautiful, I am worth it, I am enough, and I am strong. I am here to remember and confirm ALL OF IT and find out what else I am made of.

Signature: _____ Name: _____
Date: _____

**COMMITMENT
STATEMENT TO
MYSELF**
**LETTRE
D'ENGAGEMENT À
MOI-MÊME**

JE, _____, m'engage envers moi-même et envers ce programme pour les 30 prochains jours. En signant cette d'engagement, je comprends que je ferai les changements nécessaires pour atteindre mes objectifs. Je comprends que vivre une vie saine est une combinaison de plusieurs sujets; ma mentalité, ma nutrition, mes habitudes quotidiennes et bouger au quotidien. Je ne me jugerai pas pour mes moments plus difficiles et je célébrerai les petites victoires une à la fois.

En signant ceci, je me donne au programme et je suis prête à débiter avec une mentalité positive de prendre responsabilité de mes actions et mon engagement envers moi-même.

Je suis beau.belle, je vaux la peine, je suis assez et je suis fort.e. Je suis ici pour me souvenir et confirmer le tout, mais aussi pour découvrir ce qu'il y a d'autre en moi.

Signature: _____ Nom: _____
Date: _____





STEP 1- COMMITTING TO MY GOAL

ÉTAPE 1- M'ENGAGER ENVERS MON OBJECTIF

My goal for the next 30 days/ *Mon objectif en 30 jours:*

Mindset goal:

Nutrition Goal:

Fitness Goal:

IMPORTANT: Make sure you write down things that are above just weight numbers, as weight-loss/fat loss is not only about numbers, but about other things that will change along the way (fitting in your favorite dress, looking at yourself in the mirror with love, gentle inner voice, taking time for yourself, stopping a medication, feeling better, more energy, moving more...etc.) There are no wrong answers, this is all about you!

Assure-toi d'écrire des choses qui vont plus loin qu'un simple chiffre de perte de poids. Comme la perte de poids/gras n'est pas seulement basée sur des chiffres, mais à propos de beaucoup plus de choses qui changeront tout au long de ton cheminement (ta robe préférée que tu n'as pas portée depuis longtemps, prendre du temps pour toi, arrêter un médicament, te sentir mieux dans ta peau, avoir plus d'énergie, etc.)

THROUGHOUT YOUR JOURNEY, PLEASE SHARE YOUR MEALS AND POST-WORKOUT PICS AS MUCH AS YOU CAN ON SOCIAL MEDIA. THIS NOT ONLY KEEP YOU ACCOUNTABLE BUT WILL ALSO MOTIVATES YOU TO KEEP GOING AND GIVE IT YOUR ALL.

TAG @THEVLUCIMETHOD AND #LU30 WITH EVERY POST/STORY YOU SHARE.





COLLECTING PHYSICAL CHANGE COLLECTION DES CHANGEMENTS PHYSIQUES

MEASUREMENTS & PICTURES / MENSURATIONS & PHOTOS

I always find that taking pictures before starting a health & fitness journey is the hardest thing to do. It was for me at first, and I waited to lose 15lbs before taking my first pictures, and ohhh I regretted it! I would have loved to see all of the change I was working so hard for.

For that exact reason, I am encouraging you to take that first picture even if you are extremely nervous about it. This is the beginning of a new chapter, and it is important to take note of where you started for the day that you need that reminder.

JUST TAKE THE PICTURES.

Watch the video on Day 1, telling you how to take measurements and pictures.

DATE of data collecting/ Date de la collection des données: _____

Bust/ Poitrine: Day 1 _____ in/po. Day 30 _____

Natural Waist/ Taille naturelle: Day 1 _____ in/po. Day 30 _____

Low Waist/ Taille Basse: Day 1 _____ in/po. Day 30 _____

Hips/ Hanches: Day 1 _____ in/po. Day 30 _____

Thigh/Cuisse: Day 1 _____ in/po. Day 30 _____

Bicep: Day 1 _____ in/po. Day 30 _____

Neck/ Cou: Day 1 _____ in/po. Day 30 _____

