

THE 3D PLAN

EAT RIGHT • LIVE WELL • LOVE GOD
www.3DYourWholeLife.com

Keep this card as a reminder of your commitment

My Commitment

- 1 I will follow the 3D Plan for eating right, living well, and loving God for twelve weeks.
- 2 I will apply the suggestions given weekly in this book and participate in every aspect possible.
- 3 I will expect and believe for a “new beginning” in my life.
- 4 I will give myself permission to make this commitment a priority in my life.

signature _____ date _____

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Please return this card to the 3D office so we can support you on this journey, or register online:

Name _____

Address _____

E-mail _____