

# Commitment Letter

Date: [Insert Date]

Dear [Coach's Name],

I, [Your Name], am writing this letter to officially commit to the health coaching program. I understand that this program is designed to help me achieve my wellness goals through personalized guidance and support.

I pledge to fully engage in the program by:

- Attending all scheduled coaching sessions
- Setting realistic and achievable health goals
- Being open to feedback and making necessary lifestyle changes
- Communicating openly about my progress and challenges

I am excited about this journey and look forward to working together to enhance my health and well-being.

Sincerely,

[Your Name]

[Your Contact Information]