

# The 30 Pound Club

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January 24, 2010 – Grand Rapids, MI

## Accountability

The 30 Pound Club is about losing the weight you want and need to lose one time, and in so doing, change your lifestyle so that the weight stays off—you'll never have to do it again. One and done.

Setting a goal is relatively easy. Holding yourself to that goal is much more difficult. I've asked you to eat 20% less. I've asked you to start moving more. As the weeks progress, we'll fine tune things to help you deal with the issues that inevitably will come up. What I haven't asked you to do is be accountable to anyone but yourself. Make no mistake—that's the most important commitment you make. But you can lose focus as we've all done so many times before, and sometimes that's all the excuse you need to give up and quit.

I'm going to ask you to make yourself accountable to me. I want you to put your goals in writing—a contract—sign it, and return it to me. You can use the outline below or make one up yourself. If you want to add other measures such as blood pressure and cholesterol, that's fine. If you want to have your spouse or best friend or workout partner co-sign it to show their support for your effort, that's great.

You can copy and paste the Accountability Form into another email, fill in the correct places, sign it by typing in your name, and email it to me at [30poundclub@drchet.com](mailto:30poundclub@drchet.com). If you prefer, you can print it, fill it in, sign it, and fax it to me at 866-892-9608.

However you do it, it's time to solidify the commitment to yourself by making you accountable to me. My promise to you is that I will support you throughout the effort by continuing to write emails to keep you motivated and on task, providing information on The 30 Pound Club section of [drchet.com](http://drchet.com) and responding to your questions when you have them.

If you're resisting doing it, ask yourself why. Many of you don't know me personally, so I'm really just a friend in cyberspace—I'm not going to show up at your door to berate you if you don't succeed. It's really about committing to yourself in a way that's more tangible. And I think it's time to be accountable. Let's get this done.

What are you prepared to do today?

## The 30 Pound Club at [drchet.com](http://drchet.com)

The 30 Pound Club section is up and running. It's got all the emails so far, plus a BMI chart to help you set a healthy target weight. As the weeks go by, I'll add more info. And remember to check the Research Update section for information that can help keep you going, including a new Update called Daily Value that helps you read and understand the Nutrition Facts labels on food.

***Dr. Chet***

## Accountability and Goal Contract

I, \_\_\_\_\_, will focus on reducing my body weight by \_\_\_\_\_ pounds by July 1, 2010.

I will do this by changing my lifestyle; that means finding the way to eat less and move more that fits my life best.

I will not quit for the remainder of this six-month period no matter what life throws at me. If I fall, I'll get back up. I will learn to respond so that I can continue on my path to a healthier weight and a fitter body.

I am committed to the goal of The 30 Pound Club: losing weight and getting fit one more time and then maintaining it for the rest of my life. One and Done.

I make this commitment to myself, and I'm asking Dr. Chet to hold me accountable to that end.

\_\_\_\_\_  
Signed

\_\_\_\_\_  
Date

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## Straight Talk on Health

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