

If you have this journal in your hand you are now an official BABE:

Beautiful Accountable Babes Exercising Sensibility

It also means you've made a decision to overcome your weight challenges and struggles. Over the next 12 weeks you will let nothing stop you from becoming a healthy, vibrant, in shape, and fully alive woman.

As you follow the five accountabilities and take the decisive and effective action of this program, you will begin to live with a higher level of health, energy, vitality, and self control. BABES leadership is totally committed to encourage, inspire, and give each new BABE the support needed to accomplish her goals.

Each week you are required to bring this book with you in order for us to log your accountabilities and reward you with BABES Bucks. Failure to bring your book will be a loss of BABES Bucks for that week.

If you did not attend class, or if you were out of town, you may bring your book the next week, you can receive BABES Bucks for completing the weekly journal, exercise and reading assignments for the week you missed.

Each accountability is worth one BABES Buck. A maximum of 20 BABES Bucks can be earned and used towards the next month's payment. Each time you pay, the next four weeks will be stamped in your book. Your log book must be stamped before weighing in. Each month an announcement will be made one week prior to the payment week to remind you that your payment will be due the following week.





These are the accountabilities. Each is worth one BABES Buck. A maximum of 20 BABES Bucks can be earned and used towards the next month's payment.

ACCOUNTABILITIES

1. Weekly BABES work assignment completed
2. Weekly class attendance
3. Daily food journaling completed
4. Lose or maintain weight
5. Exercise 3-5 hours weekly

Weekly BABES Work:

One	Chapter 1
Two	Chapter 2
Three	Chapter 3
Four	Chapter 4
Five	Chapter 5
Six	Chapter 6
Seven	Chapter 7
Eight	Chapter 8
Nine	Chapter 9
Ten	Chapter 10
Eleven	Chapter 11
TwelveNone!

HEALTH DISCLAIMER

BABES provides weight loss management and information applications and is intended only to assist users in their personal weight loss efforts. Nothing contained in the classes or reading materials should be construed as such advice or diagnosis. The information and reports generated by us should not be interpreted as a substitute for physician consultation, evaluation, or treatment.

You are advised to seek the advice of a physician before beginning any weight loss effort or regimen. BABES is not a medical organization and we cannot give you medical advice. BABES is intended for use only by healthy individuals. BABES is not intended for pregnant women, or individuals with any type of health condition. Such individuals are specifically warned to seek professional medical advice prior to initiating any form of weight loss effort or regimen.

Weight loss can create physical changes that should be medically monitored. Studies have shown, for example, that weight loss can aggravate gall bladder illness. Medical monitoring is especially important for people with a known medical condition. The Plan is healthful, but isn't intended to treat any illness or disease.

The BABES weight loss Plan is designed for a safe rate of weight loss of up to two pounds per week (after the first three weeks). If you lose at a greater rate, you must review the Plan guidelines and adapt them to avoid rapid weight loss.

Signed _____ Date _____

COMMITMENT FORM BETWEEN YOU AND YOURSELF

I, _____ hereby
commit to 12 weeks of active, intentional exercise,
and to self-control when it comes to eating.

I will focus on challenging my abilities in the
pursuit of elevating my physical performance.

I will try my best to achieve my health goals
despite setbacks or difficulties. I will follow the
program to the best of my ability.

I will not let life's hassles and problems derail my
progress. I know that my well-being needs to be
my top priority.

I will terminate my consumption of all food two
hours prior to my bedtime.

I will endeavor to be conscious of when and why
I eat. I will, to the best of my ability, eat simply
to satisfy my nutritional needs as opposed to my
emotional needs.

I will do my best to make healthy food choices.

I realize that this contract is solely with myself
and that it carries no rewards, penalties, or
punishments, other than those associated with
the reflection of the strength of my character.

Signed _____ Date _____



HEIGHT	WOMEN
4' 0"	90-100-110
4' 11"	95-105-116
5' 0"	99-110-121
5' 1"	103-115-127
5' 2"	108-120-132
5' 3"	112-125-138
5' 4"	117-130-143
5' 5"	122-135-148
5' 6"	126-140-154
5' 7"	130-145-160
5' 8"	135-150-165
5' 9"	139-155-171
5' 10"	144-160-176
5' 11"	148-165-182
6' 0"	153-170-187
6' 1"	157-175-193
6' 2"	162-180-198
6' 3"	166-185-204
6' 4"	171-190-209



Use the Body Weight Standards, listed in the above table, to help identify some targets so you can move forward from where you are now. The lower end of the ranges are for small-boned people; the upper end, for larger-boned individuals. Be honest here: do NOT subjectively say you are large-boned, when in fact you are just the opposite.