



# HEALTHY HOLIDAY EATING CONTRACT



## CONTRACT

I know that it is possible to enjoy the wonderful food of this holiday season **and** keep my blood sugar stable.

Today, I make a promise to myself to make healthy food choices during this holiday season. I will balance my food intake. I will limit the sweets and desserts I eat. I will avoid grazing between meals. If I drink, I will do so in moderation. I will maintain my activity level. And I will check my blood sugar throughout the day, everyday, to make sure that I am within my target ranges.

I promise to enjoy this special time of the year and give thanks for my health, happiness, and the love of my friends and family.

Signature

Date

*Sign and date this contract and place it on your refrigerator, or take it with you wherever you go this holiday season.*