

**JillFit Competition Prep: Note to Competitors Commitment Contract**

Competing in figure, fitness, bodybuilding, bikini model or fitness model requires dedication, determination, self-discipline, will-power, a large degree of self-motivation and plain old grit. If you did not already have some of these attributes, you probably would not be thinking about competing. However, especially if it is your first time on the contest diet, I urge you to take this commitment seriously and grasp the kind of sacrificing journey on which you are about to embark. I truly believe in the incredible power of both the mind and the body, both of which are thoroughly tested during this process. With that said, I am here to guide you and give you all the tools you need to win your contest. I am here to answer questions, be a source of support, knowledge and encouragement through the journey, and above all I will be an honest friend and confidante.

However, I cannot and will not do this *for* you, you have got to be proactive throughout this process; that is the only way to be successful. I will not hold your hand and push you if you are not doing your part. That means that if you have a question, you email me to ask me. Do not wait for me to check in with you. If I do not hear from you for a couple days, I will assume you are sticking to your diet like glue and working out like you should be. If you have a problem, let me know. That also means that it is your responsibility to take your pics every 2 weeks and send them to me via email for feedback and potential adjustments. You are also in charge of taking your BF% (or getting someone to do it for you—if I am personal training you, I will do it), circumference measurements and recording your food in your journal. Everything else I will take care of 😊 I have seen this diet and training system work wonders and have had clients change their lives after competing in their first show. It is the most empowering thing, and I hope to empower you, not force you!! There are going to be times when you are tired, stressed, hungry, irritable, and just at your wits end. And during these times, remember that you are still the one in charge of you—you make your decision about sticking to the diet or cheating; you make the decision to hit your second gym session that day; you make your decision to sleep in and skip your workout; you decide if you want to look your best on stage or half-ass it 😊 When it comes down to the daily grind all the decisions that go into this process, it is you and you alone. BUT, it is THE BEST feeling in the world to be up on that stage looking and feeling the best you have ever looked and felt and seeing your proud family and friends cheering you on!! At that point, every boring meal, every passed-up dessert, every cardio session and every tough weight training workout is worth it!!!

Hopefully you now understand the commitment and self-motivation associated with this process, and you know that I will do everything in my power to get you looking and feeling your best up on that stage. By signing this contract, you acknowledge everything written here and you understand fully the roles played by me and more importantly, by yourself in this process. It is the most rewarding thing in the world and I want to get you there!!! 😊

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Name

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Date

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Day of show

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Start Date of Prep

**Please print, sign and fax to:**

Attn Jill Coleman, Fax # (877) 886-3348