



NO NEW YEAR'S RESOLUTIONS 2021

#NORESOLUTIONS2021

For 2021 I, _____, pledge not to make a New Year's Resolution.

Instead, I pledge to take control of my well-being for the long term without depriving myself. I commit to having a realistic, positive mindset that will allow me to make lasting changes in my health and wellness, while still enjoying life. And that starts today.

Your Signature

A handwritten signature in black ink that reads 'Autumn Calabrese'.

Autumn Calabrese
Beachbody Super Trainer and Nutrition Expert