

UniqueFitnessBoxing Contract

This contract, on this _____ day of the year _____, is between Boxing Trainer _____ and Boxer _____.

Boxer is in a fight against his/her weight, with a scheduled bout on _____.

By this date, Boxer agrees to drop from current weight of _____ to a weight of _____

Boxer will achieve this weight by:

- Boxing Fitness workouts three times each week.
- Eating six meals per day of saucer-sized portions, with only lean meats, vegetables, complex carbohydrates, and a serving of Wheat bread per day. A bowl of soup with lean meat and vegetables are also acceptable as a meal.
- Drinking lots of water and decaffeinated tea (Green Tea) or Coffee.

Further, Boxer will:

Keep a journal of all foods eaten every day, and share that with Boxing Trainer. Be in touch with Boxing Trainer daily to discuss progress, obstacles, and results.

Boxer will also stop the following activities:

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- Drinking soft drinks
 - Drinking Alcohol
 - Eating at fast food restaurants
 - Eating bread served at restaurants before and during the meal
 - Eating Ice Cream
 - Eating Candy (more than 6 chocolate chips per day)
 - Eating potato chips and other packaged snack foods (Fritos, Doritos, Tostitos etc.)
 - Eating packaged cookies and desserts

If Boxer achieves this goal, Boxer is entitled to:

If Boxer fails to achieve target weight, then Boxer must pay a fine of \$10 per pound not lost to a Special Kids Program.

Signed on this date by:

_____ **Boxer**

----- **Boxing Trainer**