

### Exercise IV: Creating an Agreement with Yourself

Now that you have some insights on your relationship to movement, your ideas about moving for health, and the ways in which you would like to move, it's time to create a **Movement Contract**.

This contract will solidify your reasons for moving in a way that is beneficial to your long-term health and well-being. In other words, when your ED voice begins to get louder and asks you to move with unhelpful behaviors, you can bring up this contract and confirm what you know is best for your health.

Please take a few deep breaths and call forward your most healthy, vibrant, happy self and all that it represents for you. Ask them to be guided in positivity and truth while creating this contract below.



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\_\_\_\_\_ 's Movement Contract

On this day of \_\_\_\_\_, \_\_\_\_\_,

I \_\_\_\_\_ hereby promise to use movement from this day forward not as a punishment, but as a empowering form of creativity and means to connect to myself and my body.

I will remain mindful while moving, and listen to my body when it tells me to speed up or slow down.

I will move according to my energy levels by feeding myself nourishing foods, and doing my best to get a full sleep each night so that I have enough energy to move in the ways I love.

I will also,

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I vow to treat my body with respect for all that it does for me each day.

Signed with Love,

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