

# Commit to Fit! Prescription for Health



**Patient Name:** \_\_\_\_\_

**What To Do:**

- |   |  |
|---|--|
| <input type="checkbox"/> Increase Physical Activity | <input type="checkbox"/> Improve My Sleep Habits |
| <input type="checkbox"/> Improve My Food Choices    | <input type="checkbox"/> Reduce My Stress        |
| <input type="checkbox"/> Change My Tobacco Use      | <input type="checkbox"/> Other: _____            |

**Specific Activity:** \_\_\_\_\_

**How Much/How Often:**

How Much (In Minutes): \_\_\_\_\_

How Often: (Per Day or Week): \_\_\_\_\_

When: (Time of Day/Day of Week): \_\_\_\_\_

**My Doctor And I Will Discuss My Progress In Improving These Habits On (Date):** \_\_\_\_\_

**Physician Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

## Join the MOVEment! • [commit-2-fit.org](http://commit-2-fit.org)

To support you in this Prescription for Health, the *Commit to Fit!* interactive website will help motivate you to become healthier through tracking health behaviors, participating in challenges and interacting with others that have similar health goals.

- Go to [www.commit-2-fit.org](http://www.commit-2-fit.org)
- Complete the registration (one-time only) and create a username and password
  - ✓ When registering, associate yourself with your business/organization group
  - ✓ If you are not associated with a business/organization/group, you may associate yourself as a "Resident"
- Once registration is complete, use the website to track your progress
  - ✓ Click on the "My Challenges" link on the left sidebar to join challenges throughout the year
  - ✓ Click on the "My Trackers" link on the left sidebar to record daily health habits using the *Commit to Fit!* Activity, Weight, Nutrition and Hydration trackers
  - ✓ Click on "Health Tips" to read about easy tips and tricks to improve health behaviors

To print tracking reports for your physician, simply click on "History" under the "Profile" tab on the left sidebar of the web page and choose "Activity History" or "Tracker History." **Print off each report to bring to your next doctor's appointment.**

