

*******SEEK MEDICAL Advice BEFORE STARTING ANY WEIGHT LOSS PROGRAM*******

Dom's Name _____

Sub's Name _____

Preparation Questions:

- 1. How much weight do you want to lose? Be honest but reasonable**

- 2. How long will this program last? Remember it is recommended to only lose 1-2lbs per week.**

- 3. What diets have you tried before and which are you interested in trying this time?**

- 4. How much authority will your Dominant have? How will you plan your meals, snacks, etc.?**

- 5. What kind of exercise are you going to do? How often?**

- 6. How will you keep track of and report your progress?**

- 7. How would you like your Dominant to hold you accountable?**

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8. What can your Dominant do to support or motivate you?

9. What happens if you don't follow your plan?

10. What happens when you do follow the plan but it doesn't work?

11. What happens when you achieve small goals?

12. What happens when you achieve large goals?

Diet Questions:

1. How many glasses of water will you drink per day?

2. How many sodas are you allowed a week?

3. How many alcoholic beverages are you allowed a week?

4. How many calories total are you allowed per day?

5. How many carbs total are you allowed per day?

6. Are there any other dietary restrictions? If yes then please list them.

7. Are you allowed sweets? If so, how much and when?

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8. Are you allowed to have fast food? If so, how much and when?

Exercise Questions:

Create a daily work out schedule use our 28 day plan or create your own.

Here are some resources:

[Free, custom printable workout planner templates online | Canva](#)

[Workout Routines \(spotebi.com\)](#)

List Five Milestone

- 1.
- 2.
- 3.
- 4.
- 5.

Rewards Each Person Make Out a List of Five	
Dom	Sub

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Consequences Each Person Make Out a List of Five	
Dom	Sub

Now that you have all of the information to create your contract use the template below and create your weight loss contract.

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The submissive named _____ will be known as _____, and the Dominant named _____ will be known as _____.

Submissive's Role

The submissive agrees to submit completely to the Dom in all aspects pertaining to weight loss. Submissive understands that their body will belong to the Dom to be sculpted as seen fit within the guidelines of this contract.

Dominant's Role

The Dominant agrees to care for the submissive, to ensure her safety and well-being. The Dominant agrees to properly support, train, punish, love and care for the submissive. It is the Dominants role to help monitor and maintain a healthy living style which is beneficial to both weight loss and to self-esteem building.

Submissive Expectations

The submissive agrees to lose a total of _____ lbs over the period of _____. This is a rate of _____ lbs per week. The submissive agrees to adhere to the _____ diet. The submissive is explicitly not allowed to have the following foods.

If the submissive eats any of the forbidden foods then the submissive will be punished by _____.

List of foods that have to be done in moderation (Food and how often):

If the submissive drinks less than _____ oz of water per day, then the submissive will be punished by _____. If the submissive exceeds the amount of an item that is to be done in moderation than the submissive will be punished by _____. If the submissive goes over their allowed dietary restriction (Carbs, Calories etc...) then the submissive will receive the following punishment _____.

The submissive will keep a journal or utilize the site bdsweightloss.com to record their weekly weight loss. The submissive will have a set day and time to weight themselves which will be on _____ at _____. If the submissive gains weight, they will be punished by _____. If the submissive does not lose any weight in _____ consecutive weeks, then they will be punished by _____. The submissive will adhere to the following exercise regimen.

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Dominant Expectations

The dominant agrees that their primary responsibility it to care for his submissive in mind body and soul. Secondary is the monitoring of the weight loss program. The dominant agrees to uphold this contract in all ways to help his submissive grow. Mental growth is the primary responsibility because a mentally unprepared submissive will not lose weight accordingly and will struggle.

Please list the plan the Dominant has on ensuring mental health of submissive

If the submissive fails at following her plan, then the dominant will punish accordingly and work at getting things back on track. If the submissive is earnestly working the plan properly and is not succeeding, then another plan may need to be explored.

The dominant will reward the submissive when the following goals are met with the adjacent reward. Feel free to add more on another sheet of paper and attach to this contract.

Goal	Reward

Misc Instructions:

Signed on this day _____

Dominant _____

Submissive _____

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