Personal Health Pledge

I recognize that I have the responsibility to be a healthy role model in Northeast Iowa. I pledge to make healthy lifestyle choices for myself, and I will dedicate myself to promoting the value of healthy living to my family, friends and community to ensure their total well-being and success.

Name_________________________________________ Date________________

Signature____________________________________________________________________

I Ideas for Living a Healthy Active Life

* 5 Eat at least 5 Fruits and/ or Vegetables Everyday
* 2 Limit screen time to 2 hours or less per day.
* 1 Get 1 hour or more of physical activity every day
* 0 Drink fewer sugar-sweetened drinks. Try water or low-fat milk instead

Please review your pledge weekly for individual inspiration.

CHOOSE ONE HEALTHY HABIT TO ACCOMPLISH FIRST

☐ Eat ____fruits or vegetables ____days per week.
☐ Reduce number of sugar-sweetened beverages to ____per day/week
☐ Get _____minutes of physical activity each day.
☐ Reduce screen time to _____ hours per day.
☐ Other Healthy Ideas:

__________________________________________

__________________________________________

www.eatplay521.com

Food & Fitness Initiative

W.K. Kellogg Foundation Food & Community Partner