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__________________________________________________________

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:

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www.eatplay521.com

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