

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

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

Please review your pledge weekly for individual inspiration.