



Pledge  
Card

I, \_\_\_\_\_,  
(Name)

will **Get Up and Get Moving!** by \_\_\_\_\_.  
(Date)

I know that good habits are formed day by day. I will do my best to take the steps to keep me going. I will not let a bad day change my mind or my goals. I will enjoy more activity, eat better foods and get plenty of sleep.

**In the first month, I will:**

- Get active for 30 to 60 minutes a day.
- Eat a mix of 5 or more servings of fruits & vegetables each day.

**In the first 2 months, I will also:**

- Limit TV, computer & video games to 1 to 2 hours a day.
- Reduce or cut out sodas & sweetened drinks.

**In the first 3 months, I will also:**

- Increase my activity as much as I can.
- Replace most junk foods with nutritious snacks.
- Reach my goal to form healthy habits.

After 3 months, you should feel good about your increased energy and power to make better choices. Your new habits will have replaced old ones. Show your pride by filling in the certificate on the next page. Put it on your wall or fridge to show what you can do when you put your heart and mind to it.

**Put this pledge on your fridge as a reminder.**

# Certificate of Accomplishment

\_\_\_\_\_  
(Your First and Last Name)

made a great choice to **Get Up and Get Moving!**

\_\_\_\_\_  
(Date)

\_\_\_\_\_  
(Signature of Parent or Guardian)