

# family pledge

**Instructions:** Before completing the family pledge, talk about the 1-2 goal(s) you wish to achieve to become a healthy family and the reward(s) you will give yourself when you are successful.

We, the \_\_\_\_\_ family, pledge to [write goal(s)]

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_

for the next 3 weeks. We will reward ourselves with

\_\_\_\_\_

when we have made this a habit.

Family Member Signatures

Date

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

**Record your goals in the Goal Log for each week on the reverse side of this family pledge.**



**healthy families for life . . .**

Adapted from Kosharek SM. *If Your Child is Overweight: A Guide for Parents*. 2nd ed. Chicago, IL: American Dietetic Association; 2003.

This publication was supported by Cooperative Agreement Number U58/CCU722795-02 from the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not represent the official views of CDC.

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# goal log

*In the calendar, ✓ off each day that you meet your goal(s). Good luck!*

## **GOAL 1**

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
week 1							
week 2							
week 3							

## **GOAL 2**

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
week 1							
week 2							
week 3							

*...time for reward!*

# activity & nutrition