

personal pledge

Instructions: Before completing the personal pledge to better health, think about the 1-2 goal(s) you wish to achieve to become healthier and the reward(s) you will give yourself when you are successful.

I, _____, pledge to [write goal(s)]

1) _____

2) _____

for the next 3 weeks. I will reward myself with

when I have made this a habit.

Signature

Date

Record your goals in the Goal Log for each week on the reverse side of this personal pledge to better health.



do it for yourself . . .

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