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...


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AN EQUAL OPPORTUNITY/AFFIRMATIVE ACTION EMPLOYER Services provided on a nondiscriminatory basis.
In the calendar, check off each day that you meet your goal(s). Good luck!

**GOAL 1**

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**GOAL 2**

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...time for reward!

activity & nutrition