



THE PLEDGE FOR Families

We support the mission of Jump IN for Healthy Kids, and we pledge to make healthy choices for our family:

- › We will eat **5** or more fruits and vegetables every day.
- › We will spend no more than **2** hours sitting in front of the TV or computer or playing on a tablet or smartphone.
- › We will play and be physically active for at least **1** hour every day.
- › We will have **0** sodas or other sugary drinks, and instead, will drink lots of water and low-fat milk.
- › We will have regular family meals together.

We pledge to do our part to encourage and support other families in central Indiana to make healthy choices also.

Family Members

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This graphic is adopted from Let's Go! www.letsgo.org.

Date

