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                                                                 Family Members

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

Jump
IN

Date