



MY PLEDGE TO MAKE *Healthy Choices*

I pledge to make these healthy choices for myself:

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

My Signature

Today's Date

As I work on my pledge to make healthy choices, I can ask these people to help:



This graphic is adopted from Let's Go! www.lets.go.

