



## MY PLEDGE TO EAT RIGHT AND MOVE MORE

### Instructions:

What are your favorite healthy foods? Make a list in the space provided below!

### My Favorite Healthy Foods

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### My Favorite Ways to Move

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Now, think of a fun, five-minute exercise that will get your heart pumping and pick your top favorite healthy food from the list above. In the spaces provided below, pledge to eat your favorite healthy food and do your fun exercise a certain number of times a week, instead of eating unhealthfully or doing a inactive activity. Make sure that while you're exercising, you always take time to breathe!

### My Plan to Eat Right

I will eat \_\_\_\_\_ for a snack \_\_\_\_\_ times a week instead of \_\_\_\_\_.  
(insert healthy food) (insert number) (insert unhealthy food)

### My Plan to Move More

I will \_\_\_\_\_ times a week instead of \_\_\_\_\_.  
(insert exercise) (insert number) (insert inactive activity)

Name:

Date: