



Get Moving with MyFi Pledge

I, _____, **pledge to eat better, be more active and live a healthier lifestyle.**
(Insert Name)

To fulfill this goal, I promise to take on the following healthy activities:

- I pledge to replace my sugary drinks with water.
- I pledge to stay active by committing to 60 minutes a day of a physical activity of my choice.
- I pledge to eat (and help my family eat) fruits and/or veggies every day.
- I pledge to limit my T.V. and computer screen time to one hour per day.
- I pledge to take a walk with my family at least three times a week.

It's time for me to turn off the T.V. or video games, and get active! It's time for me to skip the chips, and try healthy foods and snacks! It's time for me to be a leader in my family, and help us take charge of our health. We can do this together, because eating smart and moving more means we will live longer, stronger lives!

Signature: _____ Date: _____

Parent/Caregiver Signature: _____ Date: _____

Keep this pledge on your refrigerator as a reminder! Be sure to visit MyFiDallas.com for more food and fitness tips.