

MY PLEDGE TO BE ACTIVE

I, _____, will be physically active for me so that I may live longer and feel better!

I will work through my barriers to being active!

I will set activity goals and rewards, get support, and track my progress!

I will buildup to being more active, and I will choose activities I like to do!

My Weekly Activity Goals

Week 1 Goals

I commit to begin _____ (type of activity) for
_____ minutes on:

- Monday Tuesday Wednesday
 Thursday Friday Saturday Sunday

Week 2 Goals

I commit to begin _____ (type of activity) for
_____ minutes on:

- Monday Tuesday Wednesday
 Thursday Friday Saturday Sunday

Week 3 Goals

I commit to begin _____ (type of activity) for
_____ minutes on:

- Monday Tuesday Wednesday
 Thursday Friday Saturday Sunday

Week 4 Goals

I commit to begin _____ (type of activity) for
_____ minutes on:

- Monday Tuesday Wednesday
 Thursday Friday Saturday Sunday