



# MY DAILY PLEDGE

Each day I will do my best to:

**Eat 5 servings of fruit and veggies.**

**Have less than 2 hours of recreational screen time.**

**Exercise for 1 hour.**

**Drink zero to limited sugary drinks.**

**Name:** .....

**Date:** .....

**Age:** .....

presented by:



in partnership with:



Use this chart or one of your own to keep track of your progress!

GOALS	MON	TUE	WED	THU	FRI	SAT	SUN
5 							
2 							
1 							
0 							