



My pledge for life

I _____ pledge to be fit for life. I pledge to walk at least 20 minutes everyday.

I pledge to exercise at least 3 times a week. I pledge to eat food that is good for my body and mind. I pledge to love me.

Starting weight _____

My goal _____

I hereby accept E.C.Scott's Challenge to be Fit.

Signature

Date

Good Luck to us all!