

Describe your pledge in a picture using all of this space:



_____ 's Pledge
(your first and last name)

Fuel

I will energize my body and mind by eating healthy foods like _____.
(name some healthy foods you like)

Play

I will be active by _____ for _____ minutes each day.
(name some activities you enjoy) (number)

I Pledge to Fuel Up to Play 60 by:

(finish the sentence, but be specific like this student did: "I pledge to fuel up to play 60 by encouraging my classmates to be active with me at recess and by having a glass of milk with dinner instead of pop.")