

I PLEDGE TO

*Attach
Picture
Here*

Sign Your Name Here

Pledge Card Instructions:

1. Write your pledge to live a healthy lifestyle.
(exp. I PLEDGE TO LIVE A HEALTHY LIFESTYLE)
2. Sign your name
3. Take a selfie with your pledge card, and adhere your picture to the card.
4. Post it up in the classroom and/or facebook and/or the refrigerator
5. Complete the 30 day Challenge

Courtesy of Vision Martial Arts