

Eat Smart, Be Fit, Maryland!



I, _____, pledge to do at least three of these actions to help improve my (or my family's) health:

- 1.) _____
- 2.) _____
- 3.) _____
- 4.) _____
- 5.) _____

I will ask these people to help me be healthy in these ways.

Names	How They Can Help me be Healthy
_____	_____
_____	_____

I will encourage myself and my helpers by (specifically):

Your Signature

Witness Signature

Date