



**HEALTHY LIFESTYLES FAMILY PLEDGE**  
**Marshfield Area Coalition**  
**In cooperation with Marshfield Clinic**

Each of us pledge, as a member of the

\_\_\_\_\_ Family

that we will commit to healthy living and conduct ourselves with the honor and integrity that our family deserves.

We will eat a variety of healthy foods every day. We will follow the guidelines to what an appropriate portion size is.

We will be active for at least 30 minutes most days of the week.

We will encourage and support each member of our family and will do all that we can to help and be a positive role model.

This is our pledge. These are our goals. We will check ourselves on what we pledged once a month for the next twelve months.

Pledging family members sign below:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*"The first wealth is health" ~ Ralph Waldo Emerson*



