



HEALTHY LIFESTYLES FAMILY PLEDGE

Marshfield Area Coalition  
In cooperation with Marshfield Clinic

I, \_\_\_\_\_

Individual

will commit to healthy living.

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

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

This is my specific pledge: \_\_\_\_\_

This is my goal. I will never stop trying, I will persever. I will check on what I pledged once a week for the next twelve months.

*"Try and fail, but don't fail to try."*

*-Stephen Kaggwa*



