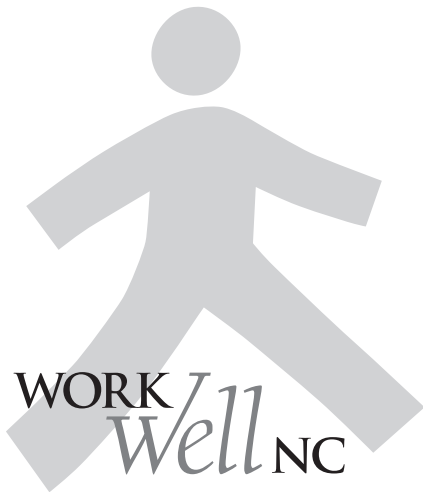


**Because I care about my health, I pledge to MOVE MORE by walking \_\_\_\_\_ (steps, minutes or distance) on each workday for the next \_\_\_\_\_ days/weeks. I will make choices that include walking in my daily routine.**

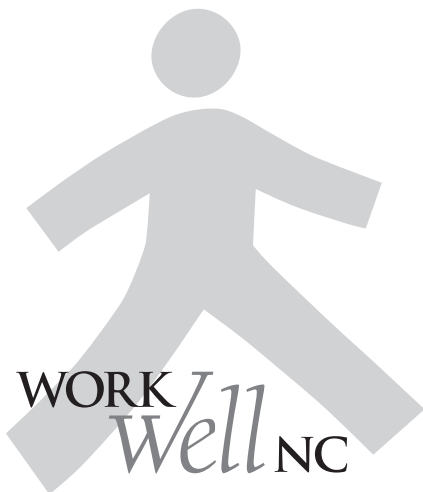


Signature \_\_\_\_\_

Date \_\_\_\_\_

My healthy activity buddy will be  
\_\_\_\_\_ (optional)

**Because I care about my health, I pledge to MOVE MORE by walking \_\_\_\_\_ (steps, minutes or distance) on each workday for the next \_\_\_\_\_ days/weeks. I will make choices that include walking in my daily routine.**



Signature \_\_\_\_\_

Date \_\_\_\_\_

My healthy activity buddy will be  
\_\_\_\_\_ (optional)