



I PLEDGE TO MAKE 3 CHANGES: 1 CHANGE FOR MYSELF; 1 CHANGE WITH MY FAMILY; AND 1 CHANGE WITH MY FRIENDS.

1 CHANGE FOR MYSELF

- Drink more water
- Play with my dog every day
- Snack on a fruit or vegetable
- Stop watching TV for 1 week
- Eat less fast food
- Take a break from video games for 1 week
- Other

1 CHANGE WITH MY FAMILY

- Add 1 fruit and 1 vegetable to my family meals
- Visit a local park together
- Remove all sugary drinks from my home
- Take a family bike ride or walk
- Choose healthy options at restaurants
- Visit a farmer's market
- Plant a vegetable garden at home
- Remove TV from all bedrooms
- Other

1 CHANGE WITH MY FRIENDS

- Talk to my friends about taking the OK5210 Pledge
- Agree to pack a healthy lunch from home once per week
- Together, stop drinking all sugary drinks for one week
- Play a new game every day at recess
- Other

LIVING AN OK5210 LIFE STARTS WITH ME, MY FAMILY, AND MY FRIENDS!

