

Pledge

Join Fuel Up to Play 60!

Fuel: I will energize my body and mind by eating healthy.

Play: I will be active at least 60 minutes each day.

Fuel Up to Play 60: I will eat healthy, be active and have fun with my friends to help make my school an even better place.

I pledge to Fuel Up to Play 60 by:

Add in your own ideas on how you will eat healthy and get active for at least 60 minutes every day. For example, have an apple with your lunch or a glass of low-fat milk with dinner, and ride your bike to school or throw a football with your friends - it's up to you!

(name)

(date)

(signature)



©2010 National Dairy Council. Fuel Up is a service mark of National Dairy Council.
©2010 NFL Properties LLC. All NFL-related trademarks are trademarks of the National Football League.

