

## Pledge

### Lead the Way and Join Fuel Up to Play 60!

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

**Play:** I will be active for 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 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!

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(name)

\_\_\_\_\_

(date)

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(signature)

