

A decorative border surrounds the page, featuring water bottles with 'H2O' labels, slices of lemons and limes, whole fruits like grapes, tomatoes, and avocados, and vegetables like broccoli and carrots.

In order to lead a healthier life,

I \_\_\_\_\_ Pledge....

- To eat more than five servings of fruit and vegetables everyday.
- To add variety to my diet by trying new fruits and vegetables.
- To substitute unhealthy snacks with healthy natural ones.
- To encourage my family to follow my healthy example.

This positive change in my diet will make a positive change in my life and in the lives of my family.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

