OLYMPIC DAY

Olympic Day
Daily Mile
Pupil Pledge

Fuel Up and Move More Pledge

A pledge is a promise you make to yourself.
This Olympic Day we want you to make a pledge to help you Fuel Up and Move More.
For example:

1. I will fuel up by making healthy food choices to help me learn, grow, and feel my best.

2. I will move more by staying active, trying new sports or games, and having fun while I move.

Complete the box below, cut it out, and stick it somewhere you'll see it – in your bedroom, by the front door, next to the bathroom mirror.

My Fuel Up and Move More Pledge

My pledge is to:

_____

_____

_____

Signed: _____

Tick or stamp the Olympic rings when you've completed your pledge five times!