

# The Active Family Pledge


We, the  family are  
pledging to make family time, active time!

AS A FAMILY, WE PLEDGE TO

**1** MOVE MORE 

**3** STAND UP MORE 

**2** POWER DOWN 

**4** GO OUTSIDE 

\_\_\_\_\_  
DATE

VISIT [blackandmcdonaldhealth.com](http://blackandmcdonaldhealth.com) 

for ideas on how to stay active as a family!