



TURN UP MARCH CHALLENGE PLEDGE



- ✓ **I AM READY FOR MY LIFESTYLE CHANGE**
- ✓ I know that this is not just a challenge for this month, but a challenge for **LIFE**
- ✓ I will **TAKE CHARGE** of my health and wellness
- ✓ I believe **I CAN DO** anything I put my mind to
- ✓ I will seek **ASSISTANCE** in time of trouble or when needed
- ✓ I commit to **KEEP TRYING** and **NEVER GIVE UP**
- ✓ I understand that this is **NOT** an **OVERNIGHT** quest but a **PROCESS**; Trust IT
- ✓ I will **REFRAIN** from anyone or anything that attempts to stunt my mind, body, and spirit
- ✓ I will commit to **TRACKING** my progress and/or regression
- ✓ I am open to **FEEDBACK** that will support my progression
- ✓ I understand that even if I **FAIL** , I can still **TRY AGAIN**
- ✓ I understand that I am an **INDIVIDUAL** and I must take this walk **INDEPENDENTLY**
- ✓ **I KNOW I AM NOT ALONE**

I CAN WIN!!!! I AM READY FOR THE CHALLENGE!!!

Signature

Date