

## Congratulations!

You have completed the *ABC Health Matters* Workbook 1 and have taken the next step in managing your health. For the last activity, we hope you will make a **pledge**. The pledge can be personal or you can share it with others.



A **pledge** is a serious promise to yourself or others.

## My Pledge

I pledge to be healthier by...

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Sometimes making a pledge needs an action plan. An action plan is a list of the steps you will take to make your pledge happen.

## My Action Plan

What I will do differently is...

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What I can do right now...

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What I will do in the next six months...

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