

SAMPLE TEXT FOR PLEDGE FORM

Note: When copy pasting, make sure you replace or fill in the blanks those words that are in bold.

We are/I am participating in PEV's Annual Get Fit Challenge.

PEV is dedicated to helping each woman tap into her full potential in all aspects of her life - relationships, physical well-being, intellectual, cultural and spiritual growth. Focused on personal and professional growth, PEV's programs inspire women to find greater joy in living and contributing to society. Women of all ages are welcome to take part in programs that will encourage them to live a life of integrity in all environments.

Your pledge will support the ongoing development of PEV's programs for women --- in their youth, profession, and family life. These programs include the existing Polaris Leadership Club, WEEKdays After-school Tutoring & Study Essentials for female high school students, the STRIDE Leadership program for university women, the Awesomeness of Marriage Workshops, and Family Fun Day.

For more information, please check out our website at www.pev.ca

We/I, _____ promise to walk/run/bike **___km** and exercise **_____ mins.** from September 1st - October 31st to honor your pledge.