



The Healthy Six Pledge

I pledge to strive for progress, not perfection.

I pledge to ask for help when I need it.

I pledge to move my body daily and raise my heart rate.

I pledge to do my best following a healthy diet.

I pledge to drink more water.

I pledge I will practise the pause.

I pledge I will get back on the path again quickly if I stumble.

I pledge to get 7-8 hours sleep a night.

I pledge to write in my gratitude journal.

I pledge to do things that make me happy and bring me joy.

I pledge to reach out to people I love, including the Sixers.

I pledge to talk to myself like I would a best friend.

Signed:
