

MY COMMITMENT to be INSTEP FOR LIFE*

I say "Yes!" to healthy kids and families

I will focus on improving my own nutrition and physical activity level

I will promote a message of healthful living in my community

SIGNED

DATE



**Adventists InStep for Life is an initiative of the North American Division of the Seventh-day Adventist Church. For more information, visit www.AdventistsInStepforLife.org.*