

I hereby promise, that I will be an active member of this family. I will participate in regular physical activity throughout the winter months. Even if it is cold, snowy, rainy or dark, I will find a way to be active indoors or outside on a regular basis. I will be active regardless of my mood or the weather. I will support and encourage my family members to be active too especially when they are feeling down or sluggish because I realize we all need encouragement sometimes. Most of all I promise to take good care of my body and feel good about myself.

Family Signatures:

_____	_____
Name	Signature
_____	_____
Name	Signature
_____	_____
Name	Signature
_____	_____
Name	Signature
_____	_____
Name	Signature