



Your Healthy Holiday Pledge

Reflect on your values and reasons for participating in the Healthy Holiday Challenge. Intrinsic motivation can lead to your success with your commitment to your health and wellbeing. Write your personal pledge below and post in a visible area.

I commit to:





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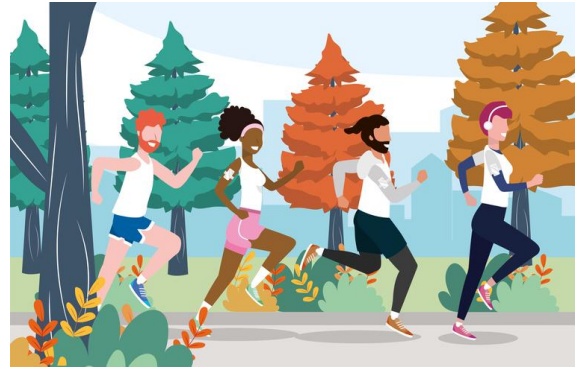


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