



Fit-for-Me Foundation

Get Ready, Get Set, Get Fit!

FFMF Pledge

I am strong, I am healthy, I am Fit.

I will make healthy food choices.

I will be active.

I will be hard-working, patient, and dedicated.

I will take responsibility for my actions.

I will respect and believe in myself.

I am strong, I am healthy, I am Fit.

www.fit-for-me.org