



### **Pledge**

I pledge to find time at least three times per week to dedicate to protecting my mind, body and spirit. I pledge to get active, remain active and be mindful of healthy eating. I will be dedicated to living a productive life by protecting and sustaining a healthy heart and life. I pledge to take part in the Zetas Have Heart-30 Day Challenge and to being the best ME I can be.

(Pledge taken in part from the American Heart Association Activity Pledge)

Date: \_\_\_\_\_

Signature: \_\_\_\_\_

Return signed pledge to Heart Captain.



### Physical Fitness Chart

(Your Name) \_\_\_\_\_

Day of the Week	Time of Day	Type of Activity	Length of Time

Use this chart to track your physical activity. Submit this to your Heart Captain at the end of each 30 day challenge.