



## BE A CHAMPION

**Commit 2B Fit®** has adopted the pledge of the United States Track and Field Association:

I **COMMIT** to being physically fit, and I will lead a **HEALTHY** lifestyle.

I will have a positive **ATTITUDE**, and through strong **MOTIVATION**, I will work hard and take **PRIDE** in everything I do.

I will stay in school, because **INTELLIGENCE** is power, and I will strive to **OVERCOME** the adversity I will face, and I will be honest and drug-free, knowing cheaters **NEVER** win.

I am a **CHAMPION!**

I \_\_\_\_\_ pledge to **Commit 2B Fit®!**

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Parent Signature

(For Champions under the Age of 13, whose Parent freely gives permission for him/her to participate in Commit 2B Fit®)

Benefits of joining **Commit 2B Fit®**

- You will feel better about yourself.
- You will have more energy.
- Making a Commitment to be Fit helps you to learn to set goals. This will help you later on in life.