



Staying healthy and seeking wellness are important to me.

That is why I, _____, am making a commitment to manage my health.

I ultimately know that my academic performance, relationships, and general well-being will benefit from taking care of myself.

Since I am responsible for my own health and wellness, I pledge to (be specific):

Sign/Date

Health /helth/

Noun

1. The general condition of the body or mind
2. A person's mental or physical condition

Wellness: /wel-nes/

Noun

1. The state or condition of being in good physical and mental health