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 /helθ/  
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

NJIT Health & Wellness Committee  
Division of Academic Support and Student Affairs