

## LIVE WELL PLEDGE

Today, I will try to feed myself when I am hungry.  
Today, I will try to be attentive to how foods taste and make me feel.  
Today, I will try to choose foods that I like and that make me feel good.  
Today, I will try to honor my body's signals of fullness.  
Today, I will try to find an enjoyable way to move my body.  
Today, I will try to look kindly at my body and to treat it with  
love and respect.

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

Excerpt from *Health at Every Size: The Surprising Truth About Your Weight* © 2010 by Linda Bacon.

May be freely distributed, provided that it remains in its entirety and this copyright message appears. More info at [www.HAESbook.com](http://www.HAESbook.com).