

# DOWNEAST HEALTHY FAMILY PLEDGE

Use this chart to create your family's healthy pledge!  
Please sign the pledge today at [www.healthyacadia.org/family-pledge](http://www.healthyacadia.org/family-pledge).

**FAMILY MEMBERS:**

**MOTIVATION:**

**FAMILY GOAL IDEAS:**

EAT MEALS TOGETHER

OUTDOOR ACTIVITY TOGETHER

HOST A FAMILY CRAFT NIGHT

REDUCE SCREEN TIME

HOST A FAMILY GAME NIGHT

**WE PLEDGE TO:**



Family time helps us feel connected and fosters a sense of appreciation for each other while building resilience. Take the pledge! Each activity increases your family's overall health and well-being.

Send your photos and updates to [Sara@healthyacadia.org](mailto:Sara@healthyacadia.org) or add #DowneastFamilyPledge to your Facebook and Instagram posts.



# DOWNEAST FAMILY PLEDGE

Use this chart to create weekly goals with your family and track your progress.

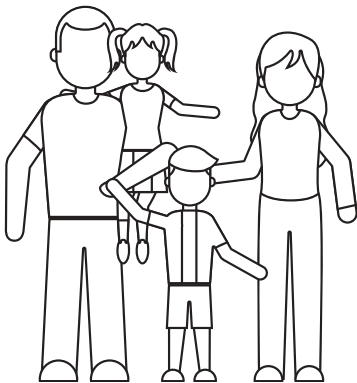
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FAMILY MEMBERS	
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WHAT MOTIVATES YOU?	
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FAMILY GOAL	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
EAT 3 MEALS TOGETHER					
DO AN OUTDOOR ACTIVITY TOGETHER					
HOST A FAMILY CRAFT NIGHT					
TAKE STEPS TO REDUCE SCREEN TIME					
HOST A FAMILY GAME NIGHT					

Create your own!



Family time helps us feel connected and fosters a sense of appreciation for each other. It builds lasting memories and provides ways for us to connect to ourselves and inspire creativity and self-expression. By spending time with our families we prioritize self care and strengthen our bonds. Please join us in taking the pledge to keep making time in our busy schedules for the ones we love the most. Send us photos and updates to [Sara@healthyacadia.org](mailto:Sara@healthyacadia.org) or add #DowneastFamilyPledge to your Facebook, Instagram, and Twitter posts. Don't forget to sign up and get more

resources and information at

[www.healthyacadia.org/family-pledge](http://www.healthyacadia.org/family-pledge).



Downeast Partnerships for Success



**SAMHSA**  
Substance Abuse and Mental Health  
Services Administration