



LESSON M • HEALTH ARMOR • TAKE-HOME

MY HEALTH PROMISE

A promise you make because you're worth it. Sign it, date it, take it home.



MY HEALTH PROMISE

CAPE YOUTH EDITION • HEALTH ARMOR

I, _____, promise to respect my body by:

- ☐ Getting my check-ups
- ☐ Asking questions at my doctor visit
- ☐ Choosing my pace — because I'm worth it

My one specific action this week:

A question I'll ask at my next check-up:

Signature: _____ **Date:** _____

I CHOOSE MY PACE. I'M WORTH IT.

Make it specific. "Be healthy" is hard to check off. "Lights out by 10 on school nights" is easy to check by Friday. Not ready to sign? That's okay — keep it anyway.