**Pledge Card for Currency of Wellness**



I commit to take part in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ *(name sabbatical activity)*

for my own physical, social and spiritual wellness.

I commit to take part in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ *(name sabbatical activity)*

in order to increase the social, physical, and spiritual wellness

of my family, friends, and people in my church community.

I commit to take part in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ *(name sabbatical activity)*

in order to increase the social, physical, and spiritual wellness

of the people living in my neighborhood.

I commit to take part in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ *(name sabbatical activity)*

to enhance the ecological wellness of my neighborhood, my city/town, and my country.

My name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ My accountable person: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

I will get this done by \_\_\_/\_\_\_/\_\_\_\_\_