

# Wellness Challenge Commitment Affirmation

Dear [Participant's Name],

I, [Your Name], hereby commit to participating in the Wellness Challenge. I understand that this challenge is designed to enhance my well-being through various activities that promote physical, mental, and emotional health.

I affirm to:

- Engage in at least [X] minutes of physical activity per week.
- Make healthier food choices by incorporating more fruits and vegetables into my diet.
- Practice mindfulness or meditation for at least [X] minutes each day.
- Stay hydrated by drinking sufficient water throughout the day.
- Support fellow participants in their journeys and share my progress.

I believe that by committing to this challenge, I am taking a positive step towards improving my overall health and well-being.

Signed,

[Your Signature]

[Date]