

# **CALIFORNIA WIC WALKS THE TALK**

*Congratulations on joining your colleagues in getting active!  
Now take the pledge:*

*I, \_\_\_\_\_, do hereby join my colleagues in the  
California WIC Program as we take daily steps to Walk  
Around the World.*

*My baseline daily steps are:\_\_\_\_\_.*

*My initial goal is \_\_\_\_\_steps per day.*

*My starting date is:\_\_\_\_\_.*

*Healthfully signed and dated: :\_\_\_\_\_*

*Your Signature*

\_\_\_\_\_  
*Date*