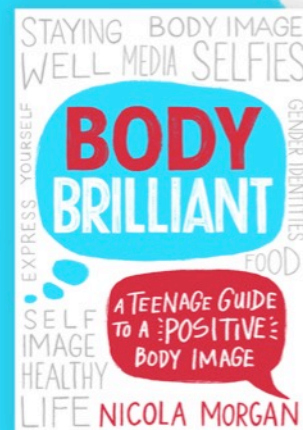


## BODY BRILLIANT PLEDGE

1. My body is brilliant because of what it can do, not how it looks.
2. I value character, actions and ambitions more than looks.
3. I choose only to follow positive role models.
4. I will give my body the food, exercise, sleep and care it needs to be brilliant.
5. If someone insults me, they lower themselves, not me.

My brilliant body: my business, not yours



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