

**Choose Your Challenge**

**Participant Pledge**

|  |  |  |
| --- | --- | --- |
| **Name:** | **Goal:** | **Timeframe:** |



I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, am committed to working with my EWSNetwork consultant in order to achieve my goal of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. I have worked with my consultant to break down my goal into manageable steps and will commit to regular check-ins in order to go over my progress.

With support, commitment & hard work, I know I will succeed in achieving my goals.

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**Participant Signature Date**

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**EWSNetwork Consultant Signature Date**



***\*\*EWSNetwork Consultant is to keep a copy of this pledge sheet in client’s file.***