



The aim of this section is to give practical guidelines which will help to strengthen the Ranger's desire to care for his mind and body.

## 1. Participate in one of the following:

- a. Discuss the principles of physical fitness.
  - > Provide an outline of your daily exercise Program.
  - > Write out and sign a Personal Pledge of Commitment to a regular exercise program.

> The Principles of Physical Fitness

Write a summary of your discussion below:

## Provide an outline of your daily exercise Program.

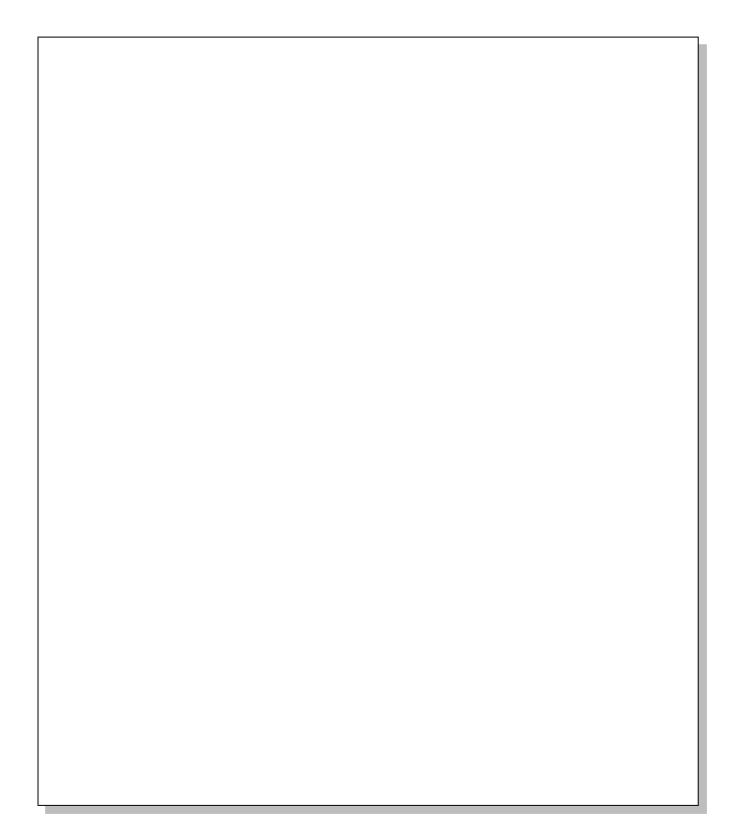


Sunday	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturdav	

## Write out and sign a Personal Pledge of Commitment to a regular exercise program.



You can design a pledge card and stick it below or write you pledge in the space below.



## Discuss the natural advantages of living the Adventist Christian b. lifestyle in accordance with biblical principles.



Write a summary of your discussion in this space: