

Increasing Physical Activity and Well-Being

Share what you will do to increase your physical activity and improve your overall well-being...

My Goal is:

By sharing your goal you inspire other dialysis patients to make a positive change in their lives!



Quality
Insights
Renal Network 3

INSTRUCTIONS

1. Along with this "Pledge Card" you should have received a booklet.
2. Review the booklet.
3. If you are motivated to initiate a positive activity for your well-being... "Complete the front of this Pledge Card"
4. Hand it back to your facility's Social Worker.
5. Get Started and Make the Most of this Experience!



This Pledge Card will be on display at your dialysis facility along with that of other motivated patients!