

# be your best self



**Be healthy.**  
*Be physically fit and drug free*

**Be involved.**  
*Serve your community*

**Be studious.**  
*Stay in school*

**Be ambitious.**  
*Set and achieve goals*

**Be responsible.**  
*Live by moral and ethical principles*

## *Be Your Best Self.*

Choosing to live by the five principles of the Be Your Best Self Program is a decision that will take you far in life. Take the pledge today and commit to being healthy, involved, studious, ambitious and responsible.

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**National BYBS Week**  
**April 22 - 26, 2019**

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