

# Sightober Pledge ✓

*Commit to Your Eye Health and Help Raise Awareness!*

I \_\_\_\_\_

(Name of Participant)

Pledge To Care For My Vision And Spread Awareness About Eye Health.

By Taking The Sightober Pledge, I Commit To:

- ☐ Getting Regular Eye Exams 🏥
- ☐ Wear Sunglasses To Protect My Eyes 🕶️
- ☐ Learning More About Vision Conditions Like Myopia And Glaucoma 👁️
- ☐ Taking Screen Breaks By Practicing The 20-20-20 Rule ⌚
- ☐ Eating Foods That Support Eye Health 🥦
- ☐ Use Protective Eyewear When There Is A Risk Of Eye Injury 🛡️
- ☐ Sharing What I Learn With My Family, Friends, And Community ❤️

Signature\_\_\_\_\_

Today's Date\_\_\_\_\_

*Together We're Making Eye Health A Priority!*

