

**GET MOVING.  
STAY SAFE.  
WEAR A HELMET.**

I pledge to wear my helmet when  
I ride my bicycle or participate in  
other sports on wheels: skateboarding,  
in-line skating, or riding scooters.

Signed: \_\_\_\_\_

Date: \_\_\_\_\_



Hard Hats for Little Heads

Physicians Caring for Texans

310264.5/21

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**HAGAN EJERCICIO.  
MANTENGASE  
SEGURO.**

Prometo que usaré mi casco cuando monte en bicicleta o participe en otros deportes sobre ruedas, como andar en monopatín, patinar, o montar en motocicletas.

Firma: \_\_\_\_\_

Fecha: \_\_\_\_\_



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