



the
PURGE
PLEDGE

I PLEDGE NOT TO INDUCE VOMITING.

I PLEDGE NOT TO MISUSE/ABUSE DIURETICS.

I PLEDGE NOT TO MISUSE/ABUSE LAXATIVES.

**I PLEDGE NOT TO OVEREXERCISE TO COMPENSATE
FOR FOOD.**

**I PLEDGE NOT TO PURGE ANY OTHER WAY AND I
VOW TO PLACE MY HEALTH AS A TOP PRIORITY.**