



# commitment form

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

I, \_\_\_\_\_, commit to the 340 Parent Revolution. I will spend a minimum of 10 minutes each weekday and a minimum of an hour on Saturday and an hour on Sunday engaging my children in an activity other than television, video games or other forms of electronic entertainment.

I understand the purpose of this time is to build my relationship with my children, build their character and build a strong family foundation.

I will journal my experiences for a minimum of 2 weeks.

Signed \_\_\_\_\_

Let us know you're participating today by logging on to [www.daddydomysocksmatch.com](http://www.daddydomysocksmatch.com). You'll find encouraging blogs, activity suggestions and forums to discuss your experiences.