

On my Honor, I commit to do the following act(s) of PACIFISM...	Every day √	Once per week √	Once per month √
Refrain from eating beef or substitute peaceful products like Beyond Burgers			
Refrain from eating chicken or substitute peaceful products			
Refrain from eating pork or substitute peaceful products			
Refrain from eating turkey or substitute peaceful products			
Refrain from eating seafood or substitute peaceful products			
Refrain from eating lamb or substitute peaceful products			
Refrain from consuming cow's milk or substitute peaceful products like almond, coconut, hemp or rice milk			
Refrain from eating cheese or substitute peaceful products			
Refrain from eating ice cream or substitute peaceful products like Ben & Jerry's			
Refrain from eating yogurt or substitute peaceful products			
Refrain from eating eggs			
Refrain from wearing silk			
Refrain from wearing feathers			
Refrain from wearing leather			
Refrain from wearing wool			
Refrain from wearing fur			
Only use peaceful soap			
Only use peaceful shampoo and conditioner			
Only use peaceful toothpaste and mouthwash			
Only purchase peaceful attire (faux materials or no silk, feathers, leather, wool, fur)			
Only purchase peaceful accessories (faux materials or no silk, feathers, leather, wool, fur)			
Only purchase peaceful footwear (faux materials or no silk, feathers, leather, wool, fur)			
Only purchase peaceful vehicles with faux leather, vinyl or cloth interior			
Only purchase peaceful furniture (faux leather, vinyl or cloth)			
Avoid medications tested on nonhuman beings (with physician approved alternatives)			
Avoid circuses			
Avoid zoos			
Avoid aquariums			
Avoid all animal performances and entertainment			
Watch The Game Changers, What the Health and Dairy is Scary			
Tell everyone I see about the PEACE RALLY (March on Washington)			