

*Sugar*  
**FREEDOM!**  
*Project*

## Stay in touch with us!

Name: \_\_\_\_\_

Address: \_\_\_\_\_

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Best time to call: \_\_\_\_\_

Language: \_\_\_\_\_

Today's date: \_\_\_\_\_

Recruited by: \_\_\_\_\_

# Break The Cycle: Take the 90 Day Challenge!

I, \_\_\_\_\_ (print name), pledge to take these steps to break the cycle of sugar in the next 90 days:

- Right now, I drink (#\_\_\_) cans of soda a week. In 90 days, I pledge to drink less than (#\_\_\_) cans a week.
- I pledge to drink 3 healthier alternatives to soda per week, including drinking more water.
- I pledge to exercise (such as walking, dancing, running) at least 1 hour per week.
- I will eat at least (#\_\_\_) servings of fresh fruits and vegetables per week.
- I will intentionally lessen my intake of processed foods per week.
- I pledge to participate in at least 1 volunteer activity with an organization/church that's doing good deeds for my community.
- I pledge to recruit (#\_\_\_) family members, friends, co-workers, or neighbors to join me in the 90 Day Pledge Challenge.
- I pledge to (unique pledge): \_\_\_\_\_

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

Organization Sponsor: \_\_\_\_\_

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