Rewards Project

DATE: _ _ _ _ _ _ _ _

_ _ _ _ _ _ _ _ WILL BE A SUGAR-FREE ZONE FOR TWO WEEKS WHETHER TAKING PART OR NOT

During my 14-Day Sugar Challenge, I pledge to...

- ✔ Complete an anonymous questionnaire before and after my Challenge.
- ✔ Give feedback at the end of the Challenge.
- ✔ I would like free lunches for ten days.

NAME	TAKING PART? YES/NO	SIGNATURE

All of our charts are available to print online at **www.rewardsproject.org** if you prefer not to write in this beautiful book.