



SODA FREE SUMMER PLEDGE 2019



Initial each day you stay SODA FREE this summer.

You will receive a raffle ticket for each day you are soda free. Prizes include movie tickets and iTunes cards.

JUNE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

JULY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Soda consumption is linked to: Type 2 Diabetes, tooth decay, weight gain, heart disease, certain types of cancer and hyperactivity among children.

This is a great challenge for the whole family to do together.

Let's kick the can together!

I pledge to be soda free. Name: _____ Signature: _____

Email: _____ Phone: _____

Please return the form to Denise Brown by August 9th. You may scan and email the form to denise.brown@baysport.com or mail it to BaySport 14830 Los Gatos Blvd. Suite 101, Los Gatos, CA 95032.