Circle the numbers that you are committing to and clip & mail this completed pledge card to:
Attn: 75210 Power In Numbers
412 Lilly Road NE
Olympia, WA 98506-5132

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**GROW HAPPY KIDS**
Power in Numbers

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YES! I pledge to **GROW HAPPY KIDS**!
I believe in the **Power in Numbers** and will make a change for ________________________________ by:

- First Name(s) of Child/Children
- Offering breakfast 7 days a week
- Serving 5 servings of fruits and veggies daily
- Limiting screen time to 2 hours or less daily
- Encouraging 1 hour of physical activity daily
- Offering 0 sugary drinks on most days

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This message brought to you by The Thurston County Healthy Child Weight Coalition.