

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



Name

Email

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

- 7** Offering breakfast **7** days a week
- 5** Serving **5** servings of fruits and veggies daily
- 2** Limiting screen time to **2** hours or less daily
- 1** Encouraging **1** hour of physical activity daily
- 0** Offering **0** sugary drinks on most days



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