



Are YOU ready for the Fall Wellness Challenge?

Commit to developing a  
**HEALTHY RELATIONSHIP**  
with  
**ADDED SUGAR.**

**-BECOME AWARE-**

How much are you consuming?

**-MAKE ADJUSTMENTS-**

Stay within the American Heart Association's  
daily recommendation.

**Kids:** 12 grams   **Women:** 25 grams   **Men:** 36 grams

## TOOLS FOR THE CHALLENGE

[Tracking Sheet](#)

[Week 1](#)

[Week 2](#)

[Week 3](#)

*Sign Up Now!*

**Challenge starts September 25th, 2017**

Please register by campaign start date.

**Participant Incentive:**  
Compartmentalized Food Container

