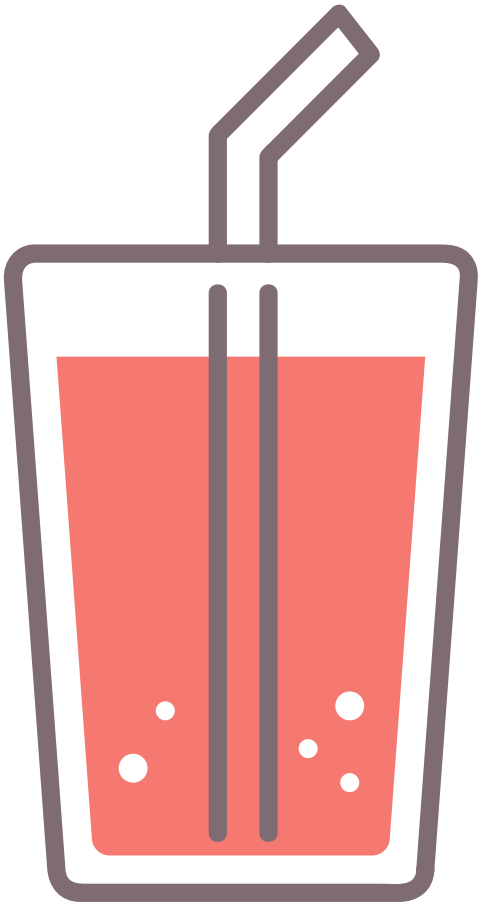
Pledge to Rethink Your Drinks



Write your name on the line above

I pledge to choose water instead of sugary beverages to help reduce my chances of obesity, tooth decay, diabetes, and heart disease.

Today's Date