


















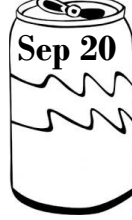













# Drop Pop

**Sep 1st– Sep 30th**

Soda, Pop, Cola. Whatever you call it, it's a no-no for your health. Regular sodas are packed with sugar and Ingredients you can't pronounce. Diet sodas may save you some calories, but they are also packed with chemicals and they trigger the same response in your body as sugar. Both cocktails wreak havoc on your body. Over the next month, track "Yes" every day that you are successful in the Drop Pop Challenge. To complete the challenge, track "Yes" at least 25 out of the 30 days of the challenge

 <b>Sep 1</b>	 <b>Sep 2</b>	 <b>Sep 3</b>	 <b>Sep 4</b>	 <b>Sep 5</b>	 <b>Sep 6</b>	 <b>Sep 7</b>
 <b>Sep 8</b>	 <b>Sep 9</b>	 <b>Sep 10</b>	 <b>Sep 11</b>	 <b>Sep 12</b>	 <b>Sep 13</b>	 <b>Sep 14</b>
 <b>Sep 15</b>	 <b>Sep 16</b>	 <b>Sep 17</b>	 <b>Sep 18</b>	 <b>Sep 19</b>	 <b>Sep 20</b>	 <b>Sep 21</b>
 <b>Sep 22</b>	 <b>Sep 23</b>	 <b>Sep 24</b>	 <b>Sep 25</b>	 <b>Sep 26</b>	 <b>Sep 27</b>	 <b>Sep 28</b>
 <b>Sept 29</b>	 <b>Sept 30</b>		<p><b>I've completed the challenge!</b></p> <p><b>Name:</b> _____</p> <p>Drop off form at HR Office/ Fax to 435-734-2038</p> <p>Or email to <a href="mailto:mhernandez@boxeldercounty.org">mhernandez@boxeldercounty.org</a></p>			