

Healthy Living How To

NO CANDY PLEDGE

October 1-31, 2013

I understand that candy and excess sugar of any kind is not healthy for my body.

I understand that candy and excess sugar is not healthy for my emotional well-being and has harmful effects on my metabolism and hormones.

I will NOT eat pre-packaged Halloween candy, treats, sweets or desserts of any kind.

I will NOT take any such candy from my child's Halloween bag, pillow or box.

I will NOT buy any such candy to keep in the house in a bowl for visitors. I will instead come up with a healthy alternative.

I undertake this agreement willingly and not under force. I understand this is for the enhancement of the health of my mind, body and spirit.

I will be honest during this 31-day time period and admit if I consume any candy.

Signature: _____

Date: _____

Witness: _____

Date: _____

I will hang this in a prominent place, at home and at work, to remind me of the commitment I have made.

The original "No Candy Pledge" was created by Sandi Porter of www.startwiththeinside.com.
Adapted and used with permission by Healthy Living How To.