Sugar-Free SEPTEMBER

MARK OFF THE DAYS OF YOUR SUGAR-FREE SEPTEMBER

Get your workplace involved and have colleagues sponsor each day of your Sugar-Free challenge!

SUGARFREESEPTEMBER.CA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PROCEEDS BENEFIT CANCER FIGHTER THE CANADIAN CANCER SOCIETY	29 August 3 sleeps to go 'til Sugar-Free September!	30 August 2 sleeps to go 'til Sugar-Free September!	31 August 1 more sleep 'til Sugar-Free September!	1 September Name: Amount: $	2 Name: Amount: $	3 Name: Amount: $
4 Name: Amount: $	5 Name: Amount: $	6 Name: Amount: $	7 Name: Amount: $	8: 1 week sugar-free, keep it up! Name: Amount: $	9 Name: Amount: $	10 Name: Amount: $
11: Spread the word about your sugar-free challenge. Name: Amount: $	12 Name: Amount: $	13 Name: Amount: $	14 Name: Amount: $	15: 15 days sugar-free! Name: Amount: $	16: Over half way, you can do it! Name: Amount: $	17 Name: Amount: $
18 Name: Amount: $	19 Name: Amount: $	20 Name: Amount: $	21 Name: Amount: $	22: 3 weeks sugar-free! Name: Amount: $	23: 1 week to go! Name: Amount: $	24 Name: Amount: $
25 Name: Amount: $	26: Into the home stretch! Name: Amount: $	27: 3 sleeps to go Name: Amount: $	28: 2 sleeps to go Name: Amount: $	29: 1 sleep to go Name: Amount: $	30: 30 days sugar-free, well done! Name: Amount: $	**Total Raised: $**