

Code Red Kids Pledge:

1. I pledge to drink water instead of soda, juice or energy drinks
2. I pledge to eat **REAL** FOOD.
3. I pledge to sleep at least 8 hours a night
4. I pledge to obey my folks and do my best in school
5. I pledge to be kind to others

By signing this pledge, I promise to uphold the CodeRedKids guidelines and be a good example for the CodeRedLifestyle.

My name

Date

Parent

Date

Signed,
Cristy Code Red



CODE RED
— TAKE YOUR LIFE BACK —