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|  | Sample sign up questionnaire for taking part in SUGAR SMART September **Question 1**  How did you hear about SUGAR SMART September? (Here you can list different ways in which you are promoting the initiative, such as through an employer, outreach event, e-newsletter or social media)  **Question 2**  Do you plan to take part as an individual or as a family?   * Individual * Family   **Question 3**  What challenge(s) are you choosing?   * No Spoons Option: Completely cut out added sugar from your diet for the whole of September * Healthy Balance Option: Completely avoid added sugar during weekdays, with moderate treats only during weekends * Super Seven Option: Eat less than the maximum recommended 7 teaspoons of added sugar per day * Easing In Option: Cut out added sugar during working/school hours * Your own sugar reduction challenge. Please add detail: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_   **Question 4**  Can we send you a follow up survey to find out how you got on? Please fill out your contact details (here you can mention a prize draw associated with participating in a follow up)   * Full name * Email * Daytime phone number   **(if applicable) Question 5**  Would you like to sign up to receive our newsletter/updates? |  |