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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? |  |