



FRESH IDEAS FOR BEDFORDSHIRE



@HEALTHYBEDFORD AND @CBC\_HEALTH

HEALTHIEROPTIONS@BEDFORD.GOV.UK

OR HEALTHIEROPTIONS@CENTRALBEDFORDSHIRE.GOV.UK

WWW.BEDFORD.GOV.UK/HEALTHIEROPTIONS

OR WWW.CENTRALBEDFORDSHIRE.GOV.UK/HEALTHIEROPTIONS

# YOUR PLEDGE

Welcome to your first step in becoming a **HEALTHIER OPTIONS** member!

Use the tip sheets to design your pledge, and even add extra pledge points that are unique to your business (you can choose to include everything on the tip sheet as your pledge if you wish).

Business name: .....

Address: .....

Tel: ..... Email: .....

The staff and manager/s of the above business pledge to achieve the following pledge points (circle as applicable):

RESTAURANTS & TAKEAWAYS																														
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27				
SANDWICH																														
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21										
CHIPS																														
1	2	3	4	5	6	7	8	9	10	11	12	13																		
CHINESE RESTAURANTS & TAKEAWAYS																														
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20											
INDIAN & SOUTH ASIAN RESTAURANTS																														
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22									
ITALIAN RESTAURANTS																														
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22									
PIZZA TAKEAWAYS																														
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18													
LEISURE & FITNESS CENTRES																														
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	

Additional pledge points:  
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.....  
.....

We will complete this pledge by 

D	D	M	M	Y	Y	Y	Y
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 (maximum period of 3 months from date of pledge)

Signed: ..... Date: .....

