

I pledge:

- ◆ That I will not diet for one day, on May 6, International No Diet Day (INDD).
- ◆ Instead of trying to change my body to fit someone else's standards, I will accept myself just as I am.
- ◆ I will feed myself if I'm hungry.
- ◆ I will feel no shame or guilt about my size or about eating.
- ◆ I will think about whether dieting has improved my health and wellbeing or not.
- ◆ And I will try to do at least one thing I have been putting off "until I lose weight."

Signed,

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INSTRUCTIONS: Cut around outline of cards and fold in half. Attach INDD ribbon to front of each card, or use INDD ribbon stickers