

# How to join the CHALLENGE

[hapai.co.nz/ffw](http://hapai.co.nz/ffw)



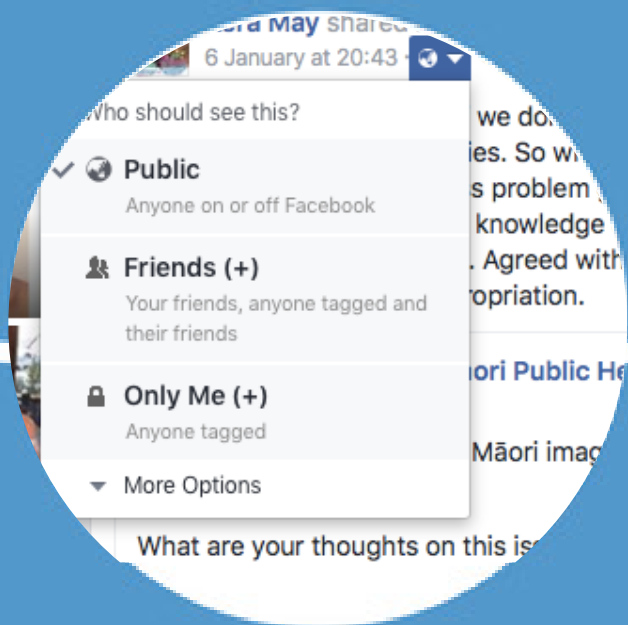
Make your pledge on your own Facebook, Instagram and Twitter profile and nominate friends and whānau to take the challenge!

Your pledge can be a photo, video, or even just text.

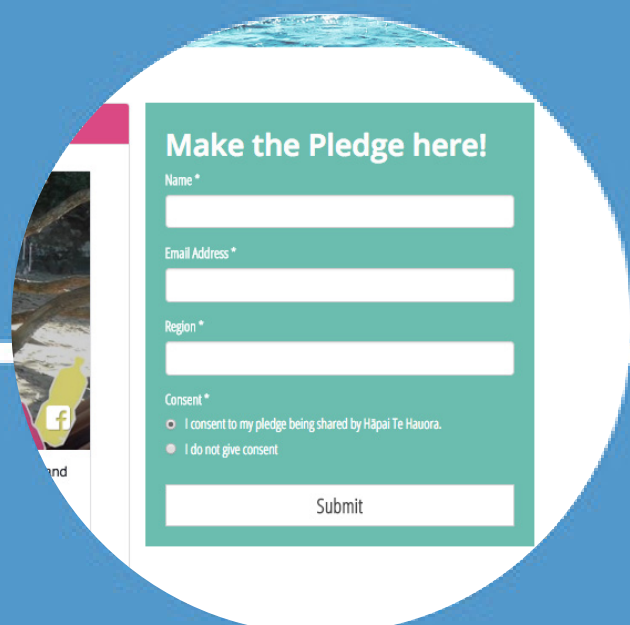


Decide on your commitment level- if going without fizzy is easy for you why not try to cut out other sugary drinks or foods?

**Other drinks to ditch:** juice, energy & sports drinks, flavoured milk, alcohol.



**TIP:** Set your post to 'public' with the hashtag #FizzFreeWhanau -this will really help us spread the word



Register online at [hapai.co.nz/ffw](http://hapai.co.nz/ffw) if you'd like to go in the draw to win cool prizes, and to get support each week of the challenge!



You can show your support by adding our Twibbon to your profile picture so everyone can see you've taken the challenge!



Join the community on our Facebook group "Fizz Free Whānau"

