VEG REVOLUTION 21 DAY PLANT FORWARD CHALLENGE

PLEDGE

I pledge to eat plant forward for the next 21 days. By taking the 21-day Eat Plant Forward Challenge, I will be choosing a plant-based diet that does not contain animal protein (meat or fish) or animal by-products (milk, cheese, eggs or yogurt). Participating in the Eat Plant forward Challenge will benefit my health, the planet's health, the welfare of animals and will reduce greenhouse gas emissions.

PLEASE SELECT ONE:

Beginner- One Meal a Day - reduce your carbon footprint by 12.6 lbs CO2eq over 21 days*

Intermediate - Two Meals a Day - reduce your carbon footprint by 25.2 lbs CO2eq over 21 days*

Advanced- Three Meals a Day - reduce your carbon footprint by 37.8 lbs CO2eq over 21 days*

SIGNATURE

PRINT NAME

Northwestern DINING

EMAIL

www.dining.northwestern.edu