Smart Fuel Sign-Up Sheet

Smart Fuel is a ten-week worksite wellness challenge to help employees eat smart by enjoying more fruits & vegetables, re-thinking your drink, enjoying more whole grains, preparing more meals at home and right sizing your portions.

Smart Fuel begins on _____.
Sign-up by _____ to participate.

Name	Phone	E-mail

North Carolina State Health Plan for Teachers and State Employees
www.shpnc.org

NCPH North Carolina Public Health
Working for a healthier and safer North Carolina
Everywhere. Everyday. Everybody.

Eat Smart Move More NORTH CAROLINA™