

NAME: _____

B4H BUAI CHALLENGE

GOAL: NO CHEWING ON WORKDAYS BY OCTOBER 7:

JULY

TICK OFF  EACH DAY TO SHOW YOU ARE ON TRACK FOR WORLD NO BUAI DAY

FORTNIGHT 1										FORTNIGHT 2																	
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	31
M	T	W	T	F			M	T	W	T	F			M	T	W	T	F			M	T	W	T	F		
T	A	L	K		S	U	P	P	O	R	T				K	E	E	P		A		C	H	E	W		
I	N	V	I	T	E		P	R	E	P	A	R	E		D	I	A	R	Y								

AUGUST

 NO CHEWING BUAI DAYS

FORTNIGHT 3										FORTNIGHT 4										FORTNIGHT 5										
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	31
M	T	W	T	F			M	T	W	T	F			M	T	W	T	F			M	T	W	T	F			M	T	W
C	O	S	T	S		O	F							E	X	P	L	O	R	E		B	U	A	I					
C	H	E	W	I	N	G								T	R	A	D	I	T	I	O	N	S							

SEPTEMBER

FORTNIGHT 6										FORTNIGHT 7																			
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
T	F			M	T	W	T	F			M	T	W	T	F			M	T	W	T	F			M	T	W	T	F
R	E	W	A	R	D																								
B	R	U	S	H			T	E	E	T	H																		

OCTOBER 7, WORLD NO BUAI DAY

1	2	3	4	5	6	7
		M	T	W	T	F
				N	O	
		B	U	A	I	

1. PRINT THE NOTES, DIARY AND THIS CHALLENGE CHART
 2. ASK A FRIEND TO JOIN YOU IN THE CHALLENGE
 3. ENGAGE A SUPPORTER WHO YOU CAN CALL, TXT OR VISIT WHEN YOU NEED TO TALK, WALK OR DOING SOMETHING OTHER THAN CHEW
 4. TICK OFF EACH DAY ON THE WAY TO NO BUAI DAY OCTOBER 7
- GOOD LUCK

#COVERYOURCOUGH #SMILE #CULTURE #NOBUAI
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