

Today I promise to eliminate **FAT TALK** from conversations with my friends, my family and myself. Starting now, I will strive for a “healthy ideal,” which I know looks different for every woman, and focus on **HEALTH**, not weight or size.

I will celebrate the things about myself and the women in my life that have nothing to do with how we look.

## I pledge to end fat talk!

signed by \_\_\_\_\_

date \_\_\_\_\_



Fat Talk Free® Week is a 5-day body image awareness campaign to focus on the damaging impact that fat talk has on our body image and self-esteem.

**@BodyImage3d #EndFatTalk**  
**FACEBOOK.COM/BODYIMAGE3D**

Fat Talk Free® Week is a BodyImage3D® initiative brought to you by Delta Delta Delta.

**www.bodyimage3d.org**

Today I promise to eliminate **FAT TALK** from conversations with my friends, my family and myself. Starting now, I will strive for a “healthy ideal,” which I know looks different for every woman, and focus on **HEALTH**, not weight or size.

I will celebrate the things about myself and the women in my life that have nothing to do with how we look.

## I pledge to end fat talk!

signed by \_\_\_\_\_

date \_\_\_\_\_



Fat Talk Free® Week is a 5-day body image awareness campaign to focus on the damaging impact that fat talk has on our body image and self-esteem.

**@BodyImage3d #EndFatTalk**  
**FACEBOOK.COM/BODYIMAGE3D**

Fat Talk Free® Week is a BodyImage3D® initiative brought to you by Delta Delta Delta.

**www.bodyimage3d.org**

Today I promise to eliminate **FAT TALK** from conversations with my friends, my family and myself. Starting now, I will strive for a “healthy ideal,” which I know looks different for every woman, and focus on **HEALTH**, not weight or size.

I will celebrate the things about myself and the women in my life that have nothing to do with how we look.

## I pledge to end fat talk!

signed by \_\_\_\_\_

date \_\_\_\_\_



Fat Talk Free® Week is a 5-day body image awareness campaign to focus on the damaging impact that fat talk has on our body image and self-esteem.

**@BodyImage3d #EndFatTalk**  
**FACEBOOK.COM/BODYIMAGE3D**

Fat Talk Free® Week is a BodyImage3D® initiative brought to you by Delta Delta Delta.

**www.bodyimage3d.org**

Today I promise to eliminate **FAT TALK** from conversations with my friends, my family and myself. Starting now, I will strive for a “healthy ideal,” which I know looks different for every woman, and focus on **HEALTH**, not weight or size.

I will celebrate the things about myself and the women in my life that have nothing to do with how we look.

## I pledge to end fat talk!

signed by \_\_\_\_\_

date \_\_\_\_\_



Fat Talk Free® Week is a 5-day body image awareness campaign to focus on the damaging impact that fat talk has on our body image and self-esteem.

**@BodyImage3d #EndFatTalk**  
**FACEBOOK.COM/BODYIMAGE3D**

Fat Talk Free® Week is a BodyImage3D® initiative brought to you by Delta Delta Delta.

**www.bodyimage3d.org**