

# Happy Birthday

January

February

March

April

May

June

July

August

September

October

November

December



WITH DANONE

## I Promise to:



Eat more fruits and vegetables every day



Have milk, maas or yoghurt every day



Eat breakfast every day



Drink more water every day



Move more



**1MILLION MOMS**  
PLEDGE FOR HEALTHY CHANGE



#DayOne

f knowyouryoghurt  
t knowyouryoghurt