

Dear Student:

How would you like to be smarter in just five days? Yes, that's right! You can be smarter than you are now in just five days!

I know you are smart now, but you can become even smarter. I know the secret, and I will share it with you, if you promise not to give up after the first or second day. I will prove to you that you can be smarter if you follow my instructions for five days.

"WHAT'S THE SECRET?" you ask.

It's so simple, you can easily do it.

Yes . . . you, you, you!

Oh, I almost forgot to tell you. . . . To be smarter in five days, you must believe in yourself. What good is being smarter if you don't believe you are smart already?

What I'm offering you is a chance to be smarter than you are right now. Being smart usually takes a long time, but my method will take only five days!

First, I must be honest and tell you that you must sign the pledge on the next page to prove that you are really brave enough to succeed. After signing the pledge, fold the page and put it in an envelope. Then give it to me in exchange for the Prime-Time Smartness Challenge materials.

**DO NOT TURN THE PAGE UNTIL YOU HAVE READ THIS PAGE CAREFULLY!**

# Pledge

I promise to give up  
30 minutes of television  
each day to become  
smarter in 5 days.



Date: \_\_\_\_\_

Signature: \_\_\_\_\_

Class: \_\_\_\_\_

From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).