



# Clean Plate Club Resignation Card

**A New You**

## Clean Plate Club RESIGNATION CARD

I, \_\_\_\_\_, do hereby resign from the Clean Plate Club, now and forever more. I will honor my fullness even if it means leaving some food on my plate.

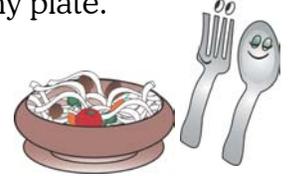


\_\_\_\_\_  
Effective Date

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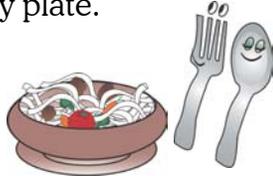


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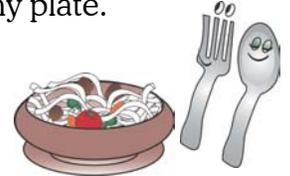


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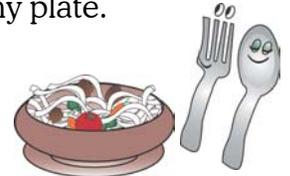


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Print on color if possible. Cut apart. Participants can keep these in their journals.