



## SHOWER TAKEOVER

One of the most common reasons we hear for not checking is, "I forget." A great way to make a new habit stick is to fit it into your daily routine—which is why the shower is a great place to kickstart your checking habit and encourage others to do the same. That's why we've created a handy shower resource to help jog your memory and remind both you and your university community to cop-a-feel.

The CoppaFeel! Shower Takeover is here to get you showing your chest some love whilst lathering up!

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pledges to help remind students to get chest-checking by displaying the handy CoppaFeel! shower resource in ..... showers/bathrooms.

..... (Signed by university)

..... (Signed by Student Ambassador)

Name of contact at university:

Address:



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