

Rethink Your Drink



Be Sugar Savvy!

Take a look at how much sugar is in these popular drinks:



Keep track of your healthy drink days!
Check a box for every day that you complete that week's healthy challenge.

	SUN	MON	TUE	WED	THU	FRI	SAT
Week 1: Replace half your soda with water.							
Week 2: Order water, milk, unsweetened tea/coffee or 100% juice when eating out.							
Week 3: Avoid buying sugar or artificially sweetened beverages.							
Week 4: Commit to drinking only water or unsweetened beverages all week.							

Name: _____