

Have a Drink Plan

On average, how often do you drink sugar-sweetened beverages?

Examples: soda, fruit punch, sports drinks, or other sugared drinks

_____ Daily

_____ Once a week

_____ 3 times a week

_____ Only at special events

Should it be an everyday choice or an occasional treat?

What other drinks do you enjoy instead of soda?

Revisit the first question in a month to see if you've made any changes!

