

# DRINK MORE WATER!

## GOAL



Have 0 sugary drinks on most days!

To learn more about the 5-2-1-0 goals, visit [FitnessforKidsChallenge.com](http://FitnessforKidsChallenge.com).

## CHALLENGE: BE SURE YOU ARE DRINKING ENOUGH WATER.

Write down how much water you drink to make sure you are drinking enough!

Each time you pick up a glass or bottle of water, instead of a sugary drink, write it down.

How many cups of water did you drink:

Week:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
# of times you had a cup of water							

### Get Your H2O Facts:

- ◆ Water is important for maintaining body functions and staying healthy.
- ◆ Drink water instead of sugary drinks when you're thirsty. Regular soda, energy or sports drinks, and other sweet drinks usually contain a lot of added sugar, which provides more calories than needed.
- ◆ Fill a clean, reusable water bottle and toss it in your bag to quench your thirst throughout the day.
- ◆ Bottled water is not better or safer than regular tap water, and costs more money.
- ◆ "Flavored" waters or "vitamin" waters may have added sweeteners. Be sure to read the Nutrition Facts label on these beverages.
- ◆ Drinking water instead of one 20-ounce sugar sweetened soda will save you about 240 calories.
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**Tip to take away:** For added flavor, try adding fresh fruit to your water, such as lemons or berries.