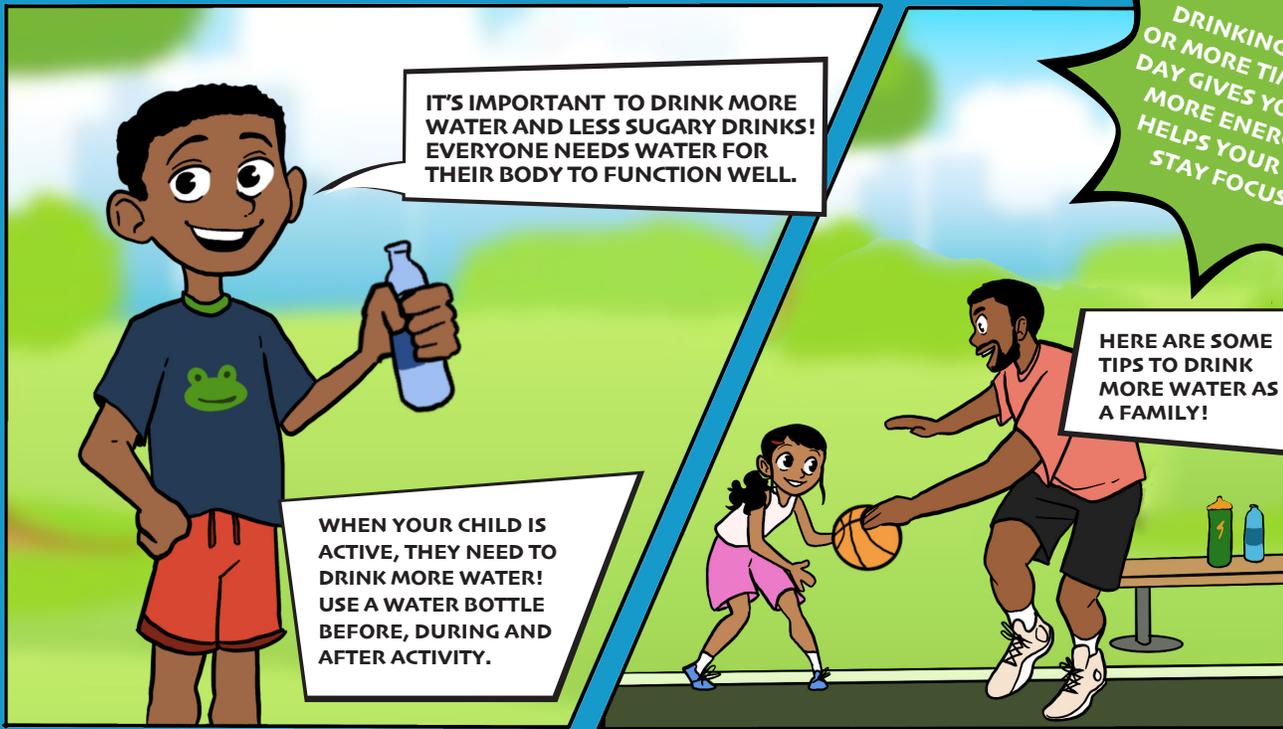




DRINK MORE WATER + LESS SUGARY DRINKS EVERY DAY

DRINKING WATER 5 OR MORE TIMES EVERY DAY GIVES YOUR BODY MORE ENERGY AND HELPS YOUR BRAIN STAY FOCUSED.

FAMILY CHALLENGE #2



IT'S IMPORTANT TO DRINK MORE WATER AND LESS SUGARY DRINKS! EVERYONE NEEDS WATER FOR THEIR BODY TO FUNCTION WELL.

WHEN YOUR CHILD IS ACTIVE, THEY NEED TO DRINK MORE WATER! USE A WATER BOTTLE BEFORE, DURING AND AFTER ACTIVITY.

HERE ARE SOME TIPS TO DRINK MORE WATER AS A FAMILY!

MAKE WATER SPECIAL! ADD FRUIT TO MAKE WATER MORE TASTY...  +  =  TRY STRAWBERRY AND LEMON SLICES FOR A FUN TWIST!

SUGARY DRINKS CAN LEAD TO HEALTH RISKS, SO WATER IS THE BEST OPTION! WHEN THIRSTY, REACH FOR WATER INSTEAD OF SUGARY SPORTS DRINKS OR SODA.

FAMILY CHALLENGE #2
DRINK WATER 5 OR MORE TIMES EVERY DAY!



THERE ARE MANY WAYS YOU CAN DRINK MORE WATER THROUGHOUT THE DAY.



CHALLENGE TRACKER: LOG THE NUMBER OF DAYS YOUR FAMILY DRINKS WATER 5 OR MORE TIMES EVERY DAY!

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
16	17	18	19	20	21	22	23	24	25	26	27	28	29	30