## **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 question one in a month to see if you've made any changes!





