



DRINK MORE WATER + LESS SUGARY DRINKS EVERY DAY

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.

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

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

FAMILY CHALLENGE #2

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.



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

FAMILY CHALLENGE #2
DRINK WATER 5 OR MORE TIMES EVERY 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