



RETHINK
your drink

PLEDGE

- ★ I promise to drink water when I am thirsty.
- ★ I promise to read the food label on the back of my beverage container so I can choose healthy beverages.
- ★ I promise to drink more _____ over the next _____ week(s) and less _____.
- ★ I promise this because _____

Signature _____ Date _____

www.gethealthyclarkcounty.org

GET MOVING. BE SAFE. EAT BETTER. LIVE TOBACCO-FREE.



Information based on materials originally developed by Alameda County Public Health Department and the Bay Area Nutrition & Physical Activity Collaborative. Made possible with funding from the Centers for Disease Control and Prevention.



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PROMESA

- ★ Prometo tomar agua cuando tenga sed.
- ★ Prometo leer las etiqueta de información nutricional en la parte de atrás de mi bebida para poder escoger bebidas saludables.
- ★ Prometo beber más _____ durante la(s) próxima(s) _____ semana(s) y menos _____.
- ★ Hago esta promesa porque _____

Firma _____ Fecha _____

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