



# COMMIT TO A HEALTHIER YOU!



**BEFORE THE CHALLENGE:** HOW MANY DAYS DID YOU DRINK SODA IN THE PAST 7 DAYS? \_\_\_\_\_

I, \_\_\_\_\_, will be **SODA FREE** this summer.

**START CHALLENGE HERE:**

**INSTRUCTIONS:**

Keep track of your **SODA FREE** days. Check a box for every day that you are **SODA FREE**.

Write in the dates for four weeks:	SUN	MON	TUES	WED	THU	FRI	SAT
Week of:							
Week of:							
Week of:							
Week of:							

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.

[www.gethealthyclarkcounty.org](http://www.gethealthyclarkcounty.org)  
GET MOVING. BE SAFE. EAT BETTER. LIVE TOBACCO-FREE.



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