

RETHINK YOUR DRINK! TALLY SHEET

Track your drinks using this tally sheet

WEEK 1: DRINK AS NORMAL

WEEK 2: CUT OUT SUGAR!

WATER



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SODAS



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COFFEE &
TEAS



(TELL US HOW MUCH
SUGAR PER CUP)

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JUICES



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SPORTS
DRINKS



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OTHER DRINKS:

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NAME: _____

PHONE NUMBER: _____