

GOAL SETTING WORKSHEET

plan your drink!

Now go for it; begin choosing the drinks you listed in question 3 today! Revisit this worksheet in a month to see what kind of progress you've made!

1. On average, how often do you drink sugary drinks?

Sugary drinks include juices (including 100% fruit juice), soda, sports drinks, energy drinks, lemonade, and sweetened coffee or tea drinks.

Only at special events Daily Once a week 3 times a week

2. On average, how much 100% fruit juice do you drink?

Only at special events Daily Once a week 3 times a week

3. What other drinks do you enjoy besides sugary drinks?

4. What's a realistic goal for how many sugary drinks, including 100% juice, you could limit yourself to each day?

