



# The 0 Sugary Drinks Challenge!

**Student Name:** \_\_\_\_\_

## Description:

During the week/month of \_\_\_\_\_, students will participate in a challenge to eliminate all sugary drinks, and drink water or low-fat milk every day. By drinking more water or low-fat milk, they are providing fuel for their bodies to function properly. To help the students keep track of how many days they are ONLY drinking water or low-fat milk and zero sugary drinks, we are providing them helpful tips, a water bottle, and a calendar to track their progress.

## How to Implement Challenge:

- Be a role model! Demonstrate drinking water or low-fat milk instead of sugary drinks to your students.
- Encourage them to use their brand new Healthy Together water bottle.
- Inform them of tips and incentives for participating in the challenge.
- Let's Get Started!

## Materials:

- Healthy Together Water Bottles
- Calendar
- Make Water Fun (Pg. 81 of toolkit)
- Make Fun Flavored Water Activity (Pg. 82 of toolkit)



## Key Talking Points:

### Recommended sugar intake:

- Children: 3-4 tsp per day (12-16g)
- Adults: women – 6 tsp per day (24g) men: 9 tsp per day (36g)

### Why limit sugary drinks?

- Limiting sugary drinks is a key way to promote healthy eating and prevent excess weight gain in kids.
- Sugary drinks provide a lot of calories very quickly. They are additional calories that the body does not need.

### Identify the sugary drinks:

- Juice (Including 100% fruit juice)
- Soda (Coca-Cola, Pepsi, Mountain Dew, etc.)
- Sports Drinks (Gatorade/Powerade)
- Energy Drinks (Red Bull, Monster, Rockstar, etc.)
- Lemonade, Sweetened Coffee, and Sweet Tea

### Why drink Water?

- Water is a low-cost, zero calorie beverage
- It improves kids' readiness to learn
- Best first choice for hydration during and after physical activity



## Incentives:

### Younger Kids

- Be a "Super Kid of the Day" or "Star of the Day."
- Be recognized in a newsletter or on a bulletin board.
- Receive a compliment from the other kids in the classroom.
- Receive a positive note from the principal, teacher, or have one sent for parents to see.
- Get a signed t-shirt, Frisbee, or ball.
- Receive coupons with special privileges.
- Attend a reading party (kids bring blankets to sit on and read favorite books).
- Play a favorite game or puzzle.
- Eat lunch outdoors or have a picnic.
- Get a trip to a treasure chest full of small, non-food items (e.g., bubbles, crayons, finger puppets, Slinkys, yo-yos, rubber balls, spinning tops, stickers, school supplies, etc.).
- Get a monthly indoor or outdoor physical activity event to celebrate

### Older Kids:

- Sit with friends.
- Listen to music while working.
- Get extra credit.
- Be given less homework.
- Get a late homework pass.
- Be entered into a drawing for donated prizes.
- Receive recognition during morning announcements.
- Get tickets to school events (e.g., sports games, dances).
- Choose partners for activities.
- Earn points or play money for privileges.
- Have class outside.
- Earn sports equipment or athletic gear (e.g., frisbees, water bottles, head or wrist sweat bands, NERF balls, etc.)

### Additional References:

- Why Does It Matter? (Pg. 75 of toolkit)
- Sugar Bottle Display (Pg. 78-79 of toolkit)
- Goal Setting Worksheet (Pg. 80 of toolkit)



# One Hour of Physical Activity Challenge

## Description:

Track the number of days you are only drinking water/milk.

1. Mark the day with an "X" if you only drank water/milk- zero sugary drinks.

	Days I Only Drank Water or Low-Fat Milk
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

**Total # of days I only drank water or low-fat milk** \_\_\_\_\_

**Name** \_\_\_\_\_