

Have a Drink Plan

# 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?

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

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