



Better Beverage Challenge

Tracking Sheet

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Weekly Drinks
Week 1								
Week 2								
Week 3								
Week 4								

Week 1: Track your daily high-calorie drinks. Use your week 1 total to determine your week 2 goal.

Week 2: GOAL: Reduce the number of high-calorie drinks by 25%.

- Multiply the total number of high-calorie drinks you consumed in week 1 by 0.25. (Ex: 7 sodas per week x 0.25 = 1.75 → round up to 2)
- Week 2 Goal = no more than 5 high-calorie drinks (7 drinks total - 2 = 5)

Week 3: GOAL: Reduce the number of high-calorie drinks from week 2 by 25%.

- Multiply your week 1 total number of high-calorie drinks consumed by 0.25. (Ex: 5 sodas per week x 0.25 = 1.25 → round up to 2)
- Week 3 Goal = no more than 3 high-calorie drinks (5 drinks total - 2 = 3)

Week 4: GOAL: Reduce the number of high-calorie drinks from week 3 by 25%.

- Multiply your week 2 total number of high-calorie drinks consumed by 0.25. (Ex: 3 sodas per week x 0.25 = 0.75 → round up to 1)
- Week 4 Goal = no more than 2 high-calorie drinks (3 drinks total - 1 = 2)