

The Rules:

Step 1:

Learn what a sugary drink is (turn over for more info)

Step 2:

Cut sugary drinks from your diet for 30 days. Cross off the days (and sugary drinks!) each day you achieve this!

Step 3:

Invite your friends to join the challenge and post on social media to @Bmore_Healthy using #RethinkYourDrink

#ReThinkYourDrink - 30 Day Challenge

Week 1	Ready, Set, GO!	1	2	3	4	5	6	
					Don't forget to share and tag @Bmore_Healthy while you #RethinkYourDrink			
	Week 2	7	8	9	10	11	12	13
			Cutting out one 12oz sugary drink per day for a year = 51,000 calories saved!		51,000 calories saved = 15 pounds lost per year!		Missing the sugary buzz? Try some green tea for a little jolt without the sugar!	
		Week 3	14	15	16	17	18	19
	You're almost half way there!! How do you feel??			Post a selfie of you drinking your favorite healthy drink - don't forget to tag us!			Carrying a water bottle can be a great way to stay hydrated without the calories!	Add some cut up fruit to your water for a little added flavor.
Week 4	21		22	23	24	25	26	27
	Did you know it only takes 21 days to make or break a habit?		If you have cut out 1 sugary drink per day, you are down 1 pound!			Seltzer has all the fizz without the sugar of a soda – and it comes in a variety of flavors!		
	Week 5	28	29	30	You did it!!!			
Has the challenge been easy or hard for you? Share your experience to help support others!			Give yourself a pat on the back, it's the last day of the challenge!					

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