

The Rules:

Step 1:
Cut sugary drinks from your diet for 30 days

Step 2:
Post on social media with #RethinkYourDrink

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#ReThinkYourDrink – 30 Day Challenge

Cross off the days and sugary drinks!

Week 1		<p>1 Let's Go! Post a selfie and commit to #ReThinkYourDrink!</p>	<p>2 </p>	<p>3 </p>	<p>4 Don't forget to share and tag @Bmore_Healthy while you #RethinkYourDrink</p>	<p>5 </p>	<p>6 Missing the sugary buzz? Try some green tea for a little jolt without the sugar!</p>
Week 2	<p>7 </p>	<p>8 Cutting out one 12oz sugary drink per day for a year = 51,000 calories saved!</p>	<p>9 </p>	<p>10 51,000 calories saved = 15 pounds lost per year!</p>	<p>11 </p>	<p>12 You're almost half way there!! How do you feel??</p>	<p>13 </p>
Week 3	<p>14 </p>	<p>15 Halfway there! Post a selfie w/ your favorite healthy drink - #ReThinkYourDrink!</p>	<p>16 </p>	<p>17 </p>	<p>18 </p>	<p>19 Carrying a water bottle can be a great way to stay hydrated without the calories!</p>	<p>20 Add some cut up fruit to your water for a little added flavor.</p>
Week 4	<p>21 Did you know it only takes 21 days to make or break a habit?</p>	<p>22 </p>	<p>23 If you have cut out 1 sugary drink per day, you are down 1 pound!</p>	<p>24 </p>	<p>25 </p>	<p>26 Seltzer has all the fizz without the sugar of a soda – and it comes in a variety of flavors!</p>	<p>27 </p>
Week 5	<p>28 Has the challenge been easy or hard for you? Share your experience to help support others!</p>	<p>29 </p>	<p>30 You made it! Congratulations! Post a celebration-selfie! #ReThinkYourDrink!</p>	<p>You did it!!! </p>			