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?
   ________________________________
   ________________________________
   ________________________________

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

MaineHealth
LET’S GO!

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