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?
   __________________________________________________________
   __________________________________________________________
   __________________________________________________________