



HOMEPLAY: Bump Out Sugary Drinks Challenge

Beverages like water or milk are healthier than sugary drinks. Sugary drinks like soda, energy drinks and fruit juice fill you up with extra calories, and can increase your risk of dental cavities. When we fill up on sugary drinks, then we don't have as much room left for nutritious foods and beverages and may not get enough vitamins and other nutrients our bodies need to compete at our best.

What are sugary drinks?

Sugary drinks are drinks (carbonated or not) that contain added sugars. These can include:

- Soda or soft drinks
- Energy drinks
- Hot chocolate
- Store-bought smoothies
- Fruity drinks (e.g., "punches", "cocktails", or "lemonade")
- Sports drinks
- Flavored or vitamin-enhanced waters

What about fruit juice?

100% fruit juice contains some of the natural vitamins found in fruit. However, fruit juice still contains a lot of concentrated sugar. For this reason, you should have no more than 1 serving (125ml, 1/2 cup) of 100% fruit juice daily.

A healthier alternative to 100% fruit juice would be a glass of water and a piece of fresh fruit, which provides all the natural benefits, but with much less sugar. Juice is not a necessary part of a healthy diet. Fruits and vegetables are!

AVOID



MODERATION



BEST CHOICE






How do I make infused water?

Instead of sugar sweetened and artificially sweetened beverages, drink fruit infused water (carbonated or not) with berries and citrus fruits added to provide fresh flavors. Here are a few ideas that can also be found in the [School of Strength: Caregivers Toolkit](#). For more information check out the [Fit 5 Guide](#).

Pick your 5 favorite flavors to make your own personalized infused water:

SWEET	HERBAL	CITRUS	TROPICAL
<input type="checkbox"/> Strawberry <input type="checkbox"/> Watermelon <input type="checkbox"/> Grape <input type="checkbox"/> Blueberry	<input type="checkbox"/> Mint <input type="checkbox"/> Rosemary <input type="checkbox"/> Basil <input type="checkbox"/> Cucumber	<input type="checkbox"/> Orange <input type="checkbox"/> Lemon <input type="checkbox"/> Lime <input type="checkbox"/> Grapefruit	<input type="checkbox"/> Mango <input type="checkbox"/> Pineapple <input type="checkbox"/> Kiwi Fruit <input type="checkbox"/> Passion Fruit

Or get inspired with the water recipes below:

SWEET	HERBAL	CITRUS	TROPICAL
Melonberry Water	Cool Refresh Mint Water	So-Fizz-ticated Citrus	Vacation in a Glass
			
Mix 1 cup blueberries and 1 cup watermelon chunks with enough cold water to fill a 2-quart pitcher.	Slice 1 medium-sized cucumber and 1 lime into rounds (rind removed). Combine sliced ingredients with 5 mint leaves and enough cold water to fill a 2-quart pitcher.	Rinse, slice, and squeeze the juice of 2 limes, combine with enough cold sparkling water to fill a 2-quart pitcher. Add 1 small pint of fresh or frozen raspberries.	Peel and slice 1 kiwi (rind removed) and a handful of strawberries. Mix with water in a 2-quart pitcher. For a fancy twist, garnish your glass with a kiwi slice.

For best results, let the ingredients sit in the water for at least half an hour before drinking. Water recipes can be stored up to 3 days in the refrigerator. Remove fruit rinds from water after 24 hours to avoid any bitter flavors.

Take the Bump Out Sugary Drinks Challenge!

Your challenge for this week is to reduce the amount of sugary drinks.

Daily goals:

- No sugary drinks
- Drink 8 Cups of water
- Limit 100% juice to ½ cup or less
- Eat a piece of fruit instead of having juice
- Bonus point: Make/drink your own infused water

How it works:

STEP 1

Use the table below to keep track of drinks throughout the week, starting with today's day.

STEP 2

Place a checkmark beside the goals you meet each day.

STEP 3

Total your points each day.

STEP 4

Circle if it was 'easy' or 'hard' to avoid the sugary drinks and if it was 'easy' or 'hard' to drink water.

STEP 5

Total your checkmarks at the end of the week and share with your coach and/or teammates.

Take the Bump Out Sugary Drinks Challenge!

DAY OF THE WEEK	LIST YOUR DRINKS	TRACK YOUR PROGRESS	AVOIDING SUGARY DRINKS	DRINKING WATER
MONDAY		<input type="checkbox"/> No sugary drinks <input type="checkbox"/> 8 cups water <input type="checkbox"/> ½ cup or less of juice <input type="checkbox"/> Fruit instead of juice <input type="checkbox"/> Add natural flavor to water __ DAILY TOTAL	WAS IT? <input type="radio"/> EASY <input type="radio"/> HARD	WAS IT? <input type="radio"/> EASY <input type="radio"/> HARD
TUESDAY		<input type="checkbox"/> No sugary drinks <input type="checkbox"/> 8 cups water <input type="checkbox"/> ½ cup or less of juice <input type="checkbox"/> Fruit instead of juice <input type="checkbox"/> Add natural flavor to water __ DAILY TOTAL	WAS IT? <input type="radio"/> EASY <input type="radio"/> HARD	WAS IT? <input type="radio"/> EASY <input type="radio"/> HARD
WEDNESDAY		<input type="checkbox"/> No sugary drinks <input type="checkbox"/> 8 cups water <input type="checkbox"/> ½ cup or less of juice <input type="checkbox"/> Fruit instead of juice <input type="checkbox"/> Add natural flavor to water __ DAILY TOTAL	WAS IT? <input type="radio"/> EASY <input type="radio"/> HARD	WAS IT? <input type="radio"/> EASY <input type="radio"/> HARD
THURSDAY		<input type="checkbox"/> No sugary drinks <input type="checkbox"/> 8 cups water <input type="checkbox"/> ½ cup or less of juice <input type="checkbox"/> Fruit instead of juice <input type="checkbox"/> Add natural flavor to water __ DAILY TOTAL	WAS IT? <input type="radio"/> EASY <input type="radio"/> HARD	WAS IT? <input type="radio"/> EASY <input type="radio"/> HARD
FRIDAY		<input type="checkbox"/> No sugary drinks <input type="checkbox"/> 8 cups water <input type="checkbox"/> ½ cup or less of juice <input type="checkbox"/> Fruit instead of juice <input type="checkbox"/> Add natural flavor to water __ DAILY TOTAL	WAS IT? <input type="radio"/> EASY <input type="radio"/> HARD	WAS IT? <input type="radio"/> EASY <input type="radio"/> HARD
SATURDAY		<input type="checkbox"/> No sugary drinks <input type="checkbox"/> 8 cups water <input type="checkbox"/> ½ cup or less of juice <input type="checkbox"/> Fruit instead of juice <input type="checkbox"/> Add natural flavor to water __ DAILY TOTAL	WAS IT? <input type="radio"/> EASY <input type="radio"/> HARD	WAS IT? <input type="radio"/> EASY <input type="radio"/> HARD
SUNDAY		<input type="checkbox"/> No sugary drinks <input type="checkbox"/> 8 cups water <input type="checkbox"/> ½ cup or less of juice <input type="checkbox"/> Fruit instead of juice <input type="checkbox"/> Add natural flavor to water __ DAILY TOTAL	WAS IT? <input type="radio"/> EASY <input type="radio"/> HARD	WAS IT? <input type="radio"/> EASY <input type="radio"/> HARD
WEEKLY TOTAL		__ DAILY TOTAL		



MAKE IT A HABIT

My Bump Out Sugary Drinks Plan:

I will complete the Bump Out Sugary Drinks Tracker each day at

_____. If I forget, I will fill it out the next day.
(time)

**If this habit is important to you, be sure to add it to your Habit Tracker!
This will help you schedule it into your week.**