

TAKE THE
ZERO TO **60**
CHALLENGE

DON'T LET SUGAR SHAPE YOU.

Can you go 30 days without sugary drinks?

0

ZERO SUGARY DRINKS

60

UP TO 60 OZ OF WATER*

*60 oz. of water per day may not be suitable for everyone. Use discretion when consuming water to avoid over consumption which can lead to hyponatremia.

Share your journey with us!



@NotahBegayFoundation
#ZeroTo60 #DontLetSugarShapeYou
#healthykidshealthyfutures

www.nb3foundation.org/zero-to-60

