

ZERO TO 60 CHALLENGE

COMMITMENT FORM

DID YOU KNOW?

- The average person eats almost **100 pounds of added sugar a year**—that's about one quarter of a pound of added sugar a day!
- Soda is the **#1 source of added sugar in the American diet.**
- Over **30% of all calories from added sugars consumed daily are from sweetened beverages.**
- Extra calories from all this sugar may lead to weight gain, putting people at risk for lifelong health problems such as diabetes and heart disease.
- **2 out of 3 Americans are overweight or obese.**

DON'T LET SUGAR SHAPE YOU.

Take a look at how much sugar is in these popular drinks:

	Soda 20 oz.	Orange Drink 16 oz.	Sweetened Tea 20 oz.	Big Pouch 11.25 oz.	Sports Drink 20 oz.	Water
Calories	250	260	220	152	140	0
Teaspoons of Sugar	17	15	13	9.5	9	0

SUN	MON	TUE	WED	THU	FRI	SAT
NOV				1	2	3
EVERYDAY DURING NOVEMBER						
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Commit to drinking 60 oz of water every day for the month of November!

I, _____, will drink water instead of sugary drinks this month. (print your name)

Keep track of your healthy drink days! Color in your water bottle for every day you drink at least 60 oz of water.

