

TAKE THE ZERO^{TO} 60 CHALLENGE

TIPS FOR A SUCCESSFUL CHALLENGE

SPEAD THE WORD! Tell your friends and family you are taking the challenge so they can support you. Encourage them to take the challenge too!

REMOVE. Get rid of all sugary drinks in your house. Remove soda, sports drinks, sweet teas and juices. Don't restock on your next trip to the grocery store. :-)

MOTIVATE. Keep motivated by posting positive messages around your house. Stay in contact with others doing the challenge to support one another.

DRINK UP. Continue to drink water instead of sugary drinks for the entire month. Your target is to drink 60 oz of water each day.

POST IT. Throughout the month share videos about your progress. At the end of the month make a final video about how much better you feel. Remember to share your stories with us on social media!

KEEP IT UP. Don't stop! See how long you can go without sugary drinks!

MEASURE IT. Drink from a large water container to help measure your daily water intake.

TRACK IT. Keep track of your daily water intake by using the pledge form on the Zero to 60 Challenge website:

www.nb3foundation.org/zero-to-60

DON'T LET SUGAR SHAPE YOU.

Can you make it a whole month without sugary drinks?

Share your journey with us!



@NotahBegayFoundation
#ZeroTo60 #DontLetSugarShapeYou
#HealthyKidsHealthyFutures

