



Keeping Track of Sugary **WHOA** and **SLOW** Drinks

Name: _____

Date: _____

Print a form for each family member. For each family member, for one week:

- Write the type and the amount of drinks in fluid ounces (fl oz) this family member has that day.
- At the end of the day, add up the numbers in the “fl oz” column *down* to see the daily total of fluid ounces of sugary drinks for this family member.
- At the end of the week, add the totals *across* to get a grand total of all the fluid ounces of sugary drinks this family member had for the week.
- As parents, when you see how many ounces of sugary drinks each family member drinks in a week, you can lead a family discussion to decide if, how, when, and what kind of changes you’d like to make.
- When you are ready to make a change, set a goal together to reduce the kinds or the amount of sugary drinks you have.
- Use this form again to see how you are doing.

What are some types of sugary **WHOA and **SLOW** drinks?** Regular (not diet) sodas, fruit-flavored drinks (like lemonade, fruit punch and nectars), sports drinks, energy drinks, sweetened teas and coffees, and flavored milks.

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Type of Sugary Drink	Fluid Ounces (fl oz)	Type of Sugary Drink	fl oz	Type of Sugary Drink	fl oz	Type of Sugary Drink	fl oz	Type of Sugary Drink	fl oz	Type of Sugary Drink	fl oz	Type of Sugary Drink	fl oz



Add the fluid ounces for each day and write the daily total in these boxes.

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Add the daily totals across and write the number in the grand total box.



Grand Total

