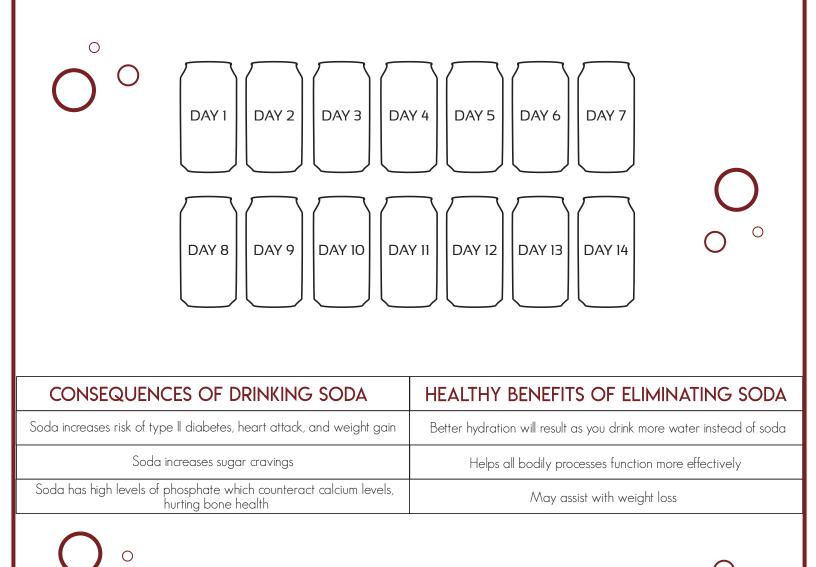


DIRECTIONS:

Cross off a soda can for each eay you eliminate all soda (including diet soda) and focus on healthy hydration. Successful completion is eliminating soda at least 12 of the 14 days.



Get a nice water bottle & try fruit infused water instead!