

DropPop

CHALLENGE

DIRECTIONS:

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

DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7

DAY 8 DAY 9 DAY 10 DAY 11 DAY 12 DAY 13 DAY 14

CONSEQUENCES OF DRINKING SODA

Soda increases risk of type II diabetes, heart attack, and weight gain

Soda increases sugar cravings

Soda has high levels of phosphate which counteract calcium levels, hurting bone health

HEALTHY BENEFITS OF ELIMINATING SODA

Better hydration will result as you drink more water instead of soda

Helps all bodily processes function more effectively

May assist with weight loss

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