



# drink more water

## CHALLENGE

### **DRINK MORE WATER**

Most people don't realize how little water they drink each day. The same is true for children. Adults think fruit juices are healthy and that drinking juice is the same as eating fresh fruit. Most children drink more sugary beverages than water.

Drinking water is a habit that needs to be developed. Children whose preferred drink is NOT water will unlikely choose water over other sugary beverages as they grow up.

### **THE CHALLENGE**

For one week, challenge yourself and your kids to drink more water than any other beverage. All day. Every day. That's it! Keep a daily log of all of the beverages consumed and at the end of the week, count them up. Use the tracking sheet on the following page to help you.

### **CHALLENGE TIPS**

1. Invite others to join you—friends, neighbors, etc.
2. Use a water bottle and bring it to school and work.
3. Drink water with every meal.

**BEVERAGES TRACKING LOG**

Participant Name: \_\_\_\_\_ Dates: \_\_\_\_\_

\*"Other" includes juice, soda, sports drinks, coffee, sweet tea, energy drinks, milk and more.  
You can circle both if you also drank water.

|              | What did you drink for breakfast? | What did you drink for lunch? | What did you drink for dinner? | What did you drink for breaks and between meals? |
|--------------|-----------------------------------|-------------------------------|--------------------------------|--|
| Example:     | water   other                     | water   other                 | water   other                  | water   other                                    |
| <b>DAY 1</b> |                                   |                               |                                |  |
|              | water   other                     | water   other                 | water   other                  | water   other                                    |
| <b>DAY 2</b> |                                   |                               |                                |  |
|              | water   other                     | water   other                 | water   other                  | water   other                                    |
| <b>DAY 3</b> |                                   |                               |                                |  |
|              | water   other                     | water   other                 | water   other                  | water   other                                    |
| <b>DAY 4</b> |                                   |                               |                                |  |
|              | water   other                     | water   other                 | water   other                  | water   other                                    |
| <b>DAY 5</b> |                                   |                               |                                |  |
|              | water   other                     | water   other                 | water   other                  | water   other                                    |
| <b>DAY 6</b> |                                   |                               |                                |  |
|              | water   other                     | water   other                 | water   other                  | water   other                                    |
| <b>DAY 7</b> |                                   |                               |                                |  |
|              | water   other                     | water   other                 | water   other                  | water   other                                    |

There are 28 times you could have chosen water throughout the week. How did you do? Was is less than 25% of the time, between 25 - 50% or more than half the time? If it was less than 25% of the time, you have an opportunity to add more water into your diet!

## STAY IN TOUCH

### The Healthy Kids Movement

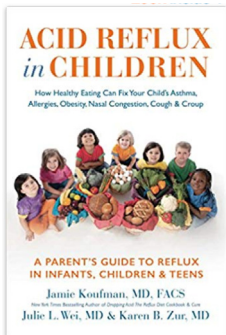
Learn more about *The Healthy Kids Movement* at [www.drjuliewei.com](http://www.drjuliewei.com) and click on the icons below to join the conversation.



### A Healthier Wei: Reclaiming Health For Misdiagnosed and Overmedicated Children

Dr. Julie Wei's first book shares tips on how to live A Healthier Wei. It expands on many topics related to MCD, such as anatomy, health care and health culture. It will also teach you how to navigate nutrition and make quick and easy meals for your family.

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