



Commit to a Healthier You!

Keep Track of Your Soda Free Days

1. Write your initials on the tracking log every day you are soda free. Families — write the initials on the tracking log of your family members every day they are soda free.
2. Celebrate your success. Every day you are soda free is progress toward a healthier you!
3. Don't stop when the summer is over! Be soda free ... *for life!*

I, _____ on _____
(name) (date)
 commit to having a **Soda Free Summer**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week Of _____							
Week Of _____							
Week Of _____							
Week Of _____							
Week Of _____							
Week Of _____							
Week Of _____							
Week Of _____							
Week Of _____							
Week Of _____							

Total Number of Days I was Soda Free this Summer: _____