



# Choose a Healthy Drink Challenge

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## To drink or not to drink...that is the question

It can be difficult to make healthy choices—especially when there are so many options available and so many influences. Taking care of your body is important to your overall health, and fueling it with healthier food and drinks is the place to start. The Challenge: Choose A Healthy Drink.

## Make a healthier choice

### Step 1: State the situation

- I would like to choose a healthy drink option at school.
- Reference *Assessing My Drink Options* homework focusing on the school location.

### Step 2: List the options

- Complete the chart below for your 2 top beverages of choice at school using the *Assessing My Drink Options* homework.

### Step 3: Weigh the possible consequences and benefits

- Complete the remainder of the chart.

Location visited: \_\_\_\_\_

Beverage of choice at school	Primary Influence	Consequences — of choosing this drink on my health	Benefits — of choosing this drink on my health
1.			
2.			

**Step 4: Consider values**

- Think about what is important to your family, health, image, and appearance. Weigh each of the benefits and consequences.

*Note: Are there other options that were overlooked or not available?*

**Step 5: Make a decision and act**

**My Decision...**

I choose to drink \_\_\_\_\_ instead of \_\_\_\_\_  
[Insert beverage name.] [Insert beverage name.]

because \_\_\_\_\_  
[Insert reason(s) for choosing drink.]

\_\_\_\_\_  
[Insert impact of choosing drink on health.]

**My Decision Plan:**

How will you carry out your decision? (Include your action, timeframe, additional support)

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**Home Connection:  
Evaluate the decision**

How did it go? After carrying out your decision, take a moment to reflect on the choice you made. Would you make a different choice next time?

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