



What Are My Influences? Homework

Name: _____ Date: _____

Directions: Interview a family member and ask them to list up to three beverages they have consumed within the past 24 - 48 hours. Ask when they usually consume this beverage, the main reason(s) for choosing them, the influence, and if the influence is internal or external.

BEVERAGE <i>Name, Where Consumed, Time Consumed</i>	REASONS <i>for choosing the beverage</i>	INFLUENCES <i>(I) Internal & (E) External</i>
1.		
2.		
3.		

What are the top three influences on your beverage choices?

1. _____
2. _____
3. _____

Now that you are aware of these influences, what can you do differently to make healthier choices?



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