



# Assessing My Drink Options

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

## 1. What are my drink options?

You make choices about what you drink every day. There are plenty of options available at school, at home, and at your favorite hangouts. Assess your environment and explore your options. List a variety of drink options for each location.

<b>AT SCHOOL</b> (e.g. cafeteria, vending machines, school store, class celebrations, school events, water fountains, etc.)	<b>AT HOME</b>	<b>OTHER:</b> _____ (e.g. neighborhood store, fast food, recreation center, mall, movies, gas station, etc.)

## 2. Which drinks am I choosing?

Circle the two drink options you most often choose for each location.

### 3. What are some factors influencing these choices?

For each location, list both the internal and external influences on your beverage choices:

LOCATION	INTERNAL INFLUENCES	EXTERNAL INFLUENCES
At School		
At Home		
Outside School & Home		



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