

# Water Does Wonders!



## Take the Pledge!

I, \_\_\_\_\_, agree to do my very best to:

- Choose to drink water when I am thirsty at school, home, playing sports or games, or spending time with family and friends.
- Choose 100% fruit juice, flavoured milk (e.g. chocolate), or flavoured soy beverage (e.g. vanilla) two times a week or less.
- Choose pop, sports drinks, and other sugary drinks\* only on special occasions or not at all.

*\*Other sugary drinks include: fruit drinks, iced tea, vitamin water, slushies, milkshakes.*

**By taking this pledge I am choosing to quench my thirst with healthier drinks that are great for my body!**

Child signature: \_\_\_\_\_

Parent/Teacher/Coach/Community Leader signature: \_\_\_\_\_

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

**Take the pledge in support of #healthykidslg & #waterdoeswonders!**

