

STOCKTON WELLNESS CHALLENGE

# 21-DAY HEALTHY BEVERAGE CHALLENGE

**Let's create healthy habits in 2026 by drinking up to eight 8-ounce servings of beverages with no added sugars, artificial sweeteners, or alcohol every day for the next 21 days. These drinks can be anything from plain water to unsweetened tea or coffee.**

Take the pledge to drink up to eight 8-ounce servings of water or healthy beverages by July 31, 2026, to be entered into a raffle drawing for a \$200, \$100, or \$50 Amazon® gift card (one submission per Stockton adult participant).

**Make drinking water and other healthy beverages a habit!** Drinking enough water throughout the day is essential for living a healthier life. Recommendations for consuming water vary depending on your age, sex, and health conditions. Foods we eat vary on how much water








they already have, but drinking healthy beverages, such as plain water, is one good way of having a healthy total daily water level. Try to replace sweetened drinks with plain, infused water or unsweetened tea. Choose healthy beverages throughout the day. Use this tracker to cross off how many cups you consume throughout the day and as a daily reminder to keep drinking healthy beverages for the next 21 days and beyond!

### Goal for the Month:








Drink up to eight 8-ounce servings of beverages with no added sugars, artificial sweeteners, or alcohol every day for the next 21 days.

I, \_\_\_\_\_, PLEDGE TO DRINK UP TO EIGHT 8-OUNCE SERVINGS OF WATER OR HEALTHY BEVERAGES FOR THE NEXT 21 DAYS.








DAY

- 1 
- 2 
- 3 
- 4 
- 5 
- 6 
- 7 

DAY

- 8 
- 9 
- 10 
- 11 
- 12 
- 13 
- 14 

DAY

- 15 
- 16 
- 17 
- 18 
- 19 
- 20 
- 21 

STOCKTON WELLNESS CHALLENGE

# 21-DAY HEALTHY BEVERAGE CHALLENGE

## Make drinking water fun!

Let's be honest, drinking plain water can be boring. Make it fun and tasty by adding some herbs or fruit to your glass or pitcher of water.

**MAKE IT HERBAL** – Add herbs such as mint or basil

**MAKE IT SWEET** – Add strawberries or blueberries

**MAKE IT TANGY** – Add lemon or orange slices

## Some drink smart tips!

**WATER ON THE GO** – Are you having a busy day out of your home? Make your drinking choice easy by carrying a water bottle everywhere you go.

**SMALL STEPS COUNT TOO** – You do not have to give up your favorite drinks. Simply cut back and drink less than what you were drinking before. Choose smaller cans or bottles instead of the larger or supersize containers.

**HOW MUCH WATER IS ENOUGH WATER?** Everyone has different thirst needs. If you feel thirsty, then drink some water. You are the only person who can determine how much water your body needs.

## Healthy beverage facts!

Did you know...

**WATER MAKES UP 60% OF OUR BODY**

**SUGAR GOES BY DIFFERENT NAMES** – Many sugar-sweetened beverages try to hide their sugar content. Some of these names include corn syrup, cane juice, sucrose, fruit juice concentrates, and glucose.

**YOU CAN BUILD A HABIT IN 21 DAYS** – Start drinking more water consistently every day and get a chance to enter into our raffle.

**DRINKING MORE WATER MAKES YOU HAPPIER** – OK, you got us, maybe not entirely, but it's worth a drink!

## Beverage stoplight!

Sweetened drinks are one of the major determinants of obesity and diabetes and high consumption of these drinks can increase the risk for other health challenges. The next time you grab a drink at the store, restaurant, or at your home, think about drinks as a stoplight.

### RED – Drink rarely or not at all

- Regular soda
- Energy or sports drinks
- Fruit drinks
- Sweetened and/or blended coffee
- Any drink with large amounts of added sugar

### YELLOW – Drink occasionally

- Diet soda
- Low-calorie, low-sugar drinks
- 100% juice

### GREEN – Drink all you want

- Water
- Seltzer water
- Infused water
- Skim or 1% milk
- Unsweetened tea or coffee

## Enter to Win a Gift Card

**TAKE THE PLEDGE TODAY.** Submit the Pledge Card to the participating organization where you received it by July 31, 2026 to be entered into a raffle drawing for a \$200, \$100, or \$50 Amazon® gift card.