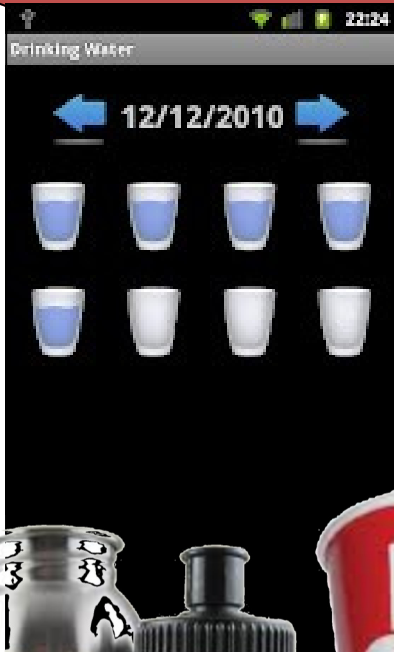


I Quit... I Add... I Replace...

Track It!



Leave off the sugary drinks and reach for water!

Having a goal only works if you know how much you're drinking.

- *Pick out a cool water bottle or drinking glass (BPA free)*
 - *Know how many ounces/cups it holds*
 - *Divide that # into your daily goal*
 - *Now you know how many glasses or bottles you need to consume each day to meet your goal!*



**Leaving off 1 Big Gulp (Sugary Soda)
(32oz per day)**

=

**Cutting 364 calories
(37 pounds lost in one year)**

**The Functions Of
Water In The Human
Body Are Vital.**

Water:

- Transports nutrients and oxygen into cells
- Moisturizes the air in lungs
- Helps with metabolism
- Protects our vital organs
- Helps our organs to absorb nutrients better