

Quit Soda 21 DAY CHALLENGE

WHEN I WANT SODA, I'LL DO THIS INSTEAD:

- Remember my reasons for wanting to quit soda
- Go for a walk
- Have a snack (fruit or veggies w/ lean protein is a great option)
- Drink my favorite sparkling water, tea, or flavored beverage
- Watch a movie
- Start a new project
- Take a relaxing bath
- Chew gum
- Eat a dill pickle
- Brush my teeth
- Calculate the money I'm saving by not buying soda
- Calculate the calories I'm not consuming by not drinking soda
- Stay home (if my soda temptations are outside of the house)
- Go out (if my soda temptations are inside the house)
- Take my measurements and weight to keep track of some of the benefits of quitting soda

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