Better Beverage Challenge

Focus Area: Healthy Eating

Objective: To improve overall health by decreasing consumption of high-calorie and high-sugar beverages.

Length of Challenge: Four-weeks

Materials Needed:
- Sign-Up Sheet/Form (optional, but recommended)
- Better Beverage Tracking Sheet
- Prizes (optional)

Directions:
- Figure out what beverages you want to cut back on.
- Find some refreshing alternatives.
- Aim to complete each weekly goal on the Better Beverage Tracking Sheet.

Regional/Satellite Offices & AWS Employees: You can host this challenge across regional/satellite offices and/or with AWS employees.

WFHT.TN@tn.gov  facebook.com/WFHTN  twitter.com/WFHTN
Getting Started:

1. Decide the dates your “Better Beverage Challenge” will run.

2. Establish a sign-up period (for example, one week) before the challenge start date. [Sign-up period is optional.]

3. Determine how participants will submit their Tracking Sheets and how winners will be rewarded.
   - Remember: Challenge rewards do not have to be tangible. Announcing the “Better Beverage Challenge” winner(s) in an email, e-newsletter and/or flier are all great ways to give recognition!

4. Announce the challenge to employees! (This can be done via email, e-newsletter, department intranet and/or fliers.)

5. At the close of the sign-up period (if you established one), contact all participants to share the following:
   - A welcome, congrats and/or thank you for participating in the challenge.
   - Dates of when the challenge will begin and end.
   - Instructions on how to participate in the “Better Beverage Challenge.”
   - Details about how to submit their Tracking Sheets and how winner(s) will be rewarded.
     NOTE: Don’t forget to BCC participants if contacting them via email.

6. Print or attach the “Better Beverage Challenge Tracking Sheet” via email and distribute this to all participants.

7. Each week send participants a friendly email reminding them to engage in the challenge and have fun with it. (See ‘Sample Weekly Emails’ below.)

8. As the challenge comes close to an end, send a reminder to participants to submit their “Better Beverage Challenge Tracking Sheet” and announce the winner(s)!
**Sample Weekly Emails:**

**Welcome Email**

Subject: Welcome to the Better Beverage Challenge!

Body:

Hello,

Welcome to the **Better Beverage Challenge** with the <insert dept> Wellness Council!

We’re excited that you’re joining us and committing to decreasing your high-calorie and high-sugar beverages. In this challenge, the goal is to reach your goal for each week on the [Better Beverage Challenge Tracking Sheet](#) (attached).

**Challenge Dates:** <insert dates>

The employee(s) who submit their tracking sheet at the end of this challenge will __________. (To win, please submit your [Better Beverage Challenge Tracking Sheet](#) to <insert email> by __________.)

Who’s ready?!

**Week 1 Email**

Subject: Week 1 of the Better Beverage Challenge!

Body:

We are in the first week of the **Better Beverage Challenge**! Let’s get started.

**Figure out the beverages you want to cut back on.** Take a look at your [food diary](#) and decide which drinks are the highest in calories and sugar, and start with those. If you don’t keep a food diary, think about your current beverage habits and where you might be able to make some healthier choices. Some examples of high-calorie beverages include:

- Sodas
- Fruit juices (this includes 100% juice—some contain just as much sugar as soda!)
• Sweetened teas and lemonades
• Flavored milks (both dairy and non-dairy)
• Coffee beverages (hot or cold)
• Sports and energy drinks
• Alcoholic beverages

Find some refreshing alternatives. Science has shown the best way to ditch an undesirable habit is to replace it with a better one. Stocking your fridge with a few healthier go-to drinks will set you up for success.

Week 2 Email

Subject: Week 2 of the Better Beverage Challenge!

Body:

We are in the second week of the Better Beverage Challenge! Here are some tips for success:

• **Drink mostly water**, aiming for at least 64 ounces (just shy of 2 liters) per day.
• **Set a few hydration goals, not just one.** Two liters of water is a lot if you only drink one or two glasses during the day, and then try to squeeze in the rest before bedtime. Break your daily hydration target into morning, afternoon and evening goals. This will make it more achievable, and ensure you’re adequately hydrated throughout the day.
• **Invest in a water bottle. Or two!** Have one at home to take with you on errands, or when you travel, and keep another one at work. Simply having a cold glass of water on your desk is enough to remind you to drink throughout the day.
• **Recruit a friend or family member to get on board.** It’ll be more fun, plus the added accountability will help keep you motivated all month long or maybe even longer.
• **For those who are motivated by money (and who isn’t) ...** Set aside the cash you would have spent on those sweet sips to see the monetary rewards from purchasing fewer high-calorie drinks.
• **Keep track of the trades you make.** Spend a few minutes each week tallying up the calories and sugar you save. For example, one 20-oz. coke a day would be 7,440 calories per month (31 days). That’s close to an extra 4 days’ worth of calories per month.
Week 3 Email

Subject: Week 3 of the Better Beverage Challenge!

Body:

We are half-way through the Better Beverage Challenge!

What you drink is as important as what you eat. Many beverages contain added sugars and offer little or no nutrients, while others may provide nutrients but too much fat and too many calories. Here are some additional tips to help you make better beverage choices.

1. **Don’t forget your dairy**
   When you choose milk or milk alternatives, select low-fat or fat-free milk or fortified soymilk. Each type of milk offers the same key nutrients such as calcium, vitamin D, and potassium, but the number of calories are very different. Older children, teens, and adults need 3 cups of milk per day, while children 4 to 8 years old need 2½ cups and children 2 to 3 years old need 2 cups.

2. **Enjoy your beverage**
   When water just won’t do — enjoy the beverage of your choice, but just cut back. Remember to check the serving size and the number of servings in the can, bottle, or container to stay within calorie needs. Select smaller cans, cups or glasses instead of large or supersized options.

3. **Check the facts**
   Use the [Nutrition Facts label](#) to choose beverages at the grocery store. The food label and ingredients list contain information about added sugars, saturated fat, sodium, and calories to help you make better choices.
**Week 4 Email**

Subject: Week 4 of the Better Beverage Challenge!

Body:

We are in the FINAL week of the Better Beverage Challenge! Hopefully this has been an enjoyable experience and perhaps you are feeling some of the positive health effects of decreasing your high-calorie and high-sugar beverages.

Please submit your Better Beverage Challenge Tracking Sheet to <insert email> by __________.

**Wrap-Up Email**

Subject: Thank you for participating in the Better Beverage Challenge!

Body:

YOU DID IT! You made it to the end of the Better Beverage Challenge.

We hope you found this challenge helpful and enjoyed learning ways to incorporate healthier beverages into your routine.

We’d love to hear what you thought about this challenge by providing your feedback in this short survey here: <insert survey link>

Have photos or a success story to share? We’d love to receive them! Simply reply to this email.
# Better Beverage Challenge

## Tracking Sheet

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**Week 1:** Track your daily high-calorie drinks. Use your week 1 total to determine your week 2 goal.

**Week 2:** GOAL: Reduce the number of high-calorie drinks by 25%.
- Multiply the total number of high-calorie drinks you consumed in week 1 by 0.25. (Ex: 7 sodas per week x 0.25 = 1.75 → round up to 2)
- Week 2 Goal = no more than 5 high-calorie drinks (7 drinks total – 2 = 5)

**Week 3:** GOAL: Reduce the number of high-calorie drinks from week 2 by 25%.
- Multiply your week 1 total number of high-calorie drinks consumed by 0.25. (Ex: 5 sodas per week x 0.25 = 1.25 → round up to 2)
- Week 3 Goal = no more than 3 high-calorie drinks (5 drinks total – 2 = 3)

**Week 4:** GOAL: Reduce the number of high-calorie drinks from week 3 by 25%.
- Multiply your week 2 total number of high-calorie drinks consumed by 0.25. (Ex: 3 sodas per week x 0.25 = 0.75 → round up to 1)
- Week 4 Goal = no more than 2 high-calorie drinks (3 drinks total – 1 = 2)