

# I Pledge To:

- ✓ Drink water first, when I am thirsty.
- ✓ Read the drink nutrition label so I can choose healthier drinks.
- ✓ Drink more \_\_\_\_\_ over the next \_\_\_\_\_ week(s) & less \_\_\_\_\_.
- ✓ Support the #RevYourBev757 pledge because \_\_\_\_\_.
- ✓ Share the #RevYourBev757 message.

Signature \_\_\_\_\_ Date \_\_\_\_\_



*For More Information:*

*[www.cinchcoalition.org](http://www.cinchcoalition.org) or [www.revyourbev.com](http://www.revyourbev.com)*

