



# Step Up Forsyth !

## Week 8 Challenge

November 6—12

Name \_\_\_\_\_ Phone \_\_\_\_\_  
 Email \_\_\_\_\_

### Choose Beverages Under 25 Calories for One Week! (beverages other than milk or soymilk)

Did you know that 20 oz. of regular soda, sweet tea, or even 100% juice can have 250-300 calories? Just drinking two 20-oz bottles of soda can add almost 600 calories to your diet every day ! Cutting 500 calories from sweetened beverages can help you lose up to 1 lb per week.



Using the chart below, record your drink choice for each day.

	Your Drink for the Day	What Changes Did you Make?
Sunday 11/6		
Monday 11/7		
Tuesday 11/8		
Wednesday 11/9		
Thursday 11/10		
Friday 11/11		
Saturday 11/12		

To be eligible for the weekly prize, return this form by Monday, 11/21 using 1 of 5 ways:

- Drop form(s) off at Forsyth County Health Department (799 N Highland Ave)
- Scan form(s) and email it to [stepupforsyth@forsyth.cc](mailto:stepupforsyth@forsyth.cc)
- Fax to the Department of Public Health at 336-727-8034
- Mail to Step Up Forsyth!, Dept. of Public Health, PO Box 686, Winston-Salem, NC 27102-0686
- Go to [www.forsyth.cc/PublicHealth/stepup\\_forsyth.aspx](http://www.forsyth.cc/PublicHealth/stepup_forsyth.aspx) and click “challenge” to complete this form online