

# EATING FOR ENERGY GOAL

Week 4

**FINISH**lines™  
*faithful*

## CHOOSE HEALTHY BEVERAGES

Focus this week on choosing healthy beverages -- ideally those without calories.

Explore what happens and how you feel when you choose not to have soft drinks, juices, mochas, lattes, or other beverages with calories. Alcohol is included on this list. Should you choose to forgo all of these items for the entire week? You decide!

What about diet soft drinks? Again, personal preference. Try giving them up and see how you feel. Or...not.