



GAME: HYDROMAX



INSTRUCTIONS: Once your family has agreed to try drinking more water and fewer sugar-sweetened beverages, a great way to begin is to play a game with a fun outcome like a family outing or a special treat!

Play HydroMax at the dinner table each night of the week. Every family member can earn up to two points per night: One point for each glass of water enjoyed, up to two. They can also lose points for the team by consuming sugar-sweetened beverages instead of (or in addition to) water.

At the end of the week, tally up everyone's scores to see how you did!

PLAYERS ▶	NAME	NAME	NAME	NAME	NAME
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
SUBTOTALS ▶ from both + and -	+ -	+ -	+ -	+ -	+ -
INDIVIDUAL TOTALS combine + and -	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
FAMILY TOTAL ▶ add up the individual totals	$\frac{\quad}{\quad} = \quad$ <div style="text-align: center; font-size: small;"> divide by the number of players </div>		YOUR FAMILY SCORE ▶		
				0 or less Try again 1-5 Could be better! 6-10 Pretty good! 11-14 Way to go! Treat yourself!	

