TAKE THE
ZERO TO 60
CHALLENGE

DON’T LET SUGAR SHAPE YOU.
Can you go 30 days without sugary drinks?

0
ZERO SUGARY DRINKS

60
UP TO 60 OZ OF WATER

*60 oz. of water per day may not be suitable for everyone. Use discretion when consuming water to avoid over consumption which can lead to hypoatremia.

Share your journey with us!

@NotahBegayFoundation
#ZeroTo60 #Don'tLetSugarShapeYou #healthykidshealthyfutures

www.nb3foundation.org/zero-to-60