

## 6th-12th Grade Checklist

- **Parent letter**
  - This letter can be sent home to all parents with students in 6th-12th grade. With their help and awareness, students will live out healthier lifestyles.
- **Water log**
  - Students can use this log to keep track of how much water they are drinking in a day. One log is good for 2 weeks! You could make this into a friendly competition and offer a reward for students who drink 8+ cups of water each day.
- **Water Wednesday activity**
  - We have included a list of fun recipes and how to get the entire school involved in this activity.
- **Healthy Alternatives flyer**
  - This flyer is a handout that will get students thinking of ways they can cut back on added sugar in their diets.
- **Apps and Challenges Flyer**
  - This flyer is a handout that can help students and their parents understand applications and resources available to increase their water intake.
- **Sugar demonstration**
  - If your students like visual demonstrations, this hands-on activity shows how much sugar is in their favorite drinks.
- **Posters**
  - “Choose Water!”
  - “Minutes of running to burn off the drink”
- **Infographics**
  - “Drink Water”
  - “Why too much sugar is bad for your health”