



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 -				

FAMILY TOTAL ▶
add up the individual totals

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divide by the number of players

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YOUR FAMILY SCORE ▶

0 or less Try again

1-5 Could be better!

6-10 Pretty good!

11-14 Way to go! Treat yourself!

