



# 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

$\frac{\text{Family Total}}{\text{Number of Players}} = \text{YOUR FAMILY SCORE} \blacktriangleright$

divide by the number of players

**0 or less** Try again  
**1-5** Could be better!  
**6-10** Pretty good!  
**11-14** Way to go! Treat yourself!