Drink Tracking Log

Instructions: Choosing healthy drinks is one way to quickly improve your eating habits. Sugary drinks like soda and sweet tea can add many calories to your day if you choose them often. To work on making a change, start by tracking what you drink each day. This worksheet can help you with tracking. Simply print out the worksheet and mark off the beverages you drink during the day. You can repeat this over several days or a week for a full picture of your habits. Consider sharing your log with your Primary Care Provider or Care Manager for help in setting goals.

Choose More Often	Daily Servings Mark off a cup for each of your drinks during one day.
Water: plain, mineral, sparkling	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
Low-fat or fat-free milk	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
Fruit juice (100%)	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
Unsweetened herbal tea	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
Others	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Choose Less Often	Daily Servings Mark off a cup for each of your drinks during one day.
Regular soda	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
Whole milk	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
Fruit drinks made with little fruit juice	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
Sugar-sweetened beverages, like sports drinks or sweet tea	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
Others	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Source:Insel PM, Roth WT. Connect Core Concepts in Health, 16th Edition, Chapter 13. Consistent with recommendations in: U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2025-2030.

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