



Dear Participant,

Thank you for taking our Two Week Challenge! Please use this helpful tally sheet to keep track of each beverage that you replace with tap water. Each day, simply place a tally mark in each of the beverage categories that corresponds with a beverage you "sacrificed" during that day. Finally, at the end of the two weeks add up all of your savings and designate them as a donation towards our current water project. Thank you!

Beverage	Cost per serving	X	Number of times skipped in 2 weeks	=	Savings
Milk at home	\$0.20				
Milk at Restaurant	\$1.50				
Soda at home	\$0.25				
Soda at restaurant	\$1.50				
Juice at home	\$0.25				
Juice at restaurant	\$1.50				
Sports drink	\$1.75				
Coffee (Café)	\$1.85				
Coffee (home)	\$0.25				
Latte	\$3.50				
Other					

**Total Savings (Donation) =**