

# FAMILY WATER PLEDGE

The *I Heart Water Initiative* encourages Mecklenburg County residents to adopt water as their go-to drink for life, work and play!

## REQUIREMENTS:

- CHILDREN DRINK ONLY WATER WITH THEIR MEALS AND SNACKS
- PARENTS MODEL HEALTHY BEHAVIOR BY DRINKING ONLY WATER IN FRONT OF CHILDREN
- WATER WILL BE READILY AVAILABLE BEFORE AND AFTER PHYSICAL ACTIVITY
- EACH FAMILY MEMBER WILL HAVE A REUSABLE BOTTLE TO ENCOURAGE DRINKING WATER



Family Name: \_\_\_\_\_

Date: \_\_\_\_\_