



Assessing My Drink Options

Name: _____ Date: _____

1. What are my drink options?

You make choices about what you drink every day. There are plenty of options available at school, at home, and at your favorite hangouts. Assess your environment and explore your options. List a variety of drink options for each location.

AT SCHOOL (e.g. cafeteria, vending machines, school store, class celebrations, school events, water fountains, etc.)	AT HOME	OTHER: _____ (e.g. neighborhood store, fast food, recreation center, mall, movies, gas station, etc.)

2. Which drinks am I choosing?

Circle the two drink options you most often choose for each location.

Continued on the next page



3. What are some factors influencing these choices?

For each location, list both the internal and external influences on your beverage choices:

- *Internal influences* are influences that come from within yourself.
 - For example: personal preference, values, knowledge, interests, likes/dislikes, desires (e.g. feel accepted), and curiosity
- *External influences* are influences that come from others.
 - For example: media, friends, family, setting, location, environment, culture, and role models

LOCATION	INTERNAL INFLUENCES	EXTERNAL INFLUENCES
At School		
At Home		
Outside School & Home		

