

Sip Smart! BC™ Drink Diary Record

Spreadsheet Day # ____

Number of Students completing Drink Diary ____

Grade ____

Date _____

Enter the number of drinks reported by students for each Student. Total the number of drinks by type and size of drink in the last column on this page.

	Student #.....	1	2	3	4	5	6	7	8	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	TL #/ drink
Water	S (250 mL)																														
	M(500 mL)																														
	L (1 L)																														
Plain Milk + other ¹	S (250 mL)																														
	M(500 mL)																														
Reduced Sugar drinks ²	S (250 mL)																														
	M(500 mL)																														
Flavoured Milk (choc)	S (250 mL)																														
	M(500 mL)																														
100% Juice	S (200 mL)																														
	M(350 mL)																														
	L (605 mL)																														
Fruity Drink	S (200 mL)																														
	M(350-473 mL)																														
	L (695 mL)																														
Ice Tea	M(355-473 mL)																														
	L (695 mL)																														
Slushy	M(500 mL)																														
	L (1 L)																														
	XL (1.9 L)																														
Pop: not Cola	S (237 mL)																														
	M(355-591 mL)																														
	L (1 L)																														

¹ Plain Milk + Unsweetened Fortified Soy Beverage

² Reduced Sugar Flavoured Milk + Reduced Sugar Fortified Soy Beverage (not chocolate)

