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| Name of Drink: |  | Company Logo: |
| # of grams of sugar in one cup:  \_\_\_\_\_\_ G’s of sugar |  | # of grams of sugar in one bottle:  \_\_\_\_\_\_ G’s of sugar |
| # of calories in one cup:  \_\_\_\_\_\_ calories |  | # of calories in one bottle:  \_\_\_\_\_\_ calories |
| In order to burn off the calories of one cup of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, I had to: | | |
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