Multimedia Appendix 1

**QUIZ Score: 2 / 2**
- **Citrus** 1250ml
- The Correct Answer Is...

**QUIZ Score: 2 / 3**
- **Bottled Water** 1250ml
- The Correct Answer Is...

**CHALLENGES**

**SELECT YOUR CHALLENGE**
- Reduce the size of your soft drink
- Try a new drink
- Drink more water

**CURRENT CHALLENGE**
- Reduce the size of your soft drink

I've done it!