



Home
Water First: Think Your Drink
Main Navigation: Consistent on all pages

Stay on track:
Sign up for our
e-mail tips.

Social
Marketing

My H₂O
(Account
Login)

About Water First

Think Your Drink
(Drink Calculator)

You Can Do It

Stuff for Parents

Stuff for Kids

Logo Design/Brand Development
E-mail Marketing
Social Marketing
Text Reminders
Video Production
Flash Programming/Animation

Other Links
Social Networks:
Twitter

Facebook

YouTube

Text Messaging

Take the Plunge

Pledge Content and Sign-up Options (My H₂O):
I'm a Parent
I'm a Tween
I'm just here to stay healthy

Track Your Progress

Info about Drink Journal & HydroMe. Leads to Take the Plunge page.

Make It Easy

- Get in the H₂O Habit
- Drink Less Sweet Stuff
- Make Water Taste Good
- Delicious Drinks
- Water Away From Home
- Helpful Tips

Save Money

Set Limits for Kids

- What's In the Fridge?
- Cutting Caffeine
- Eating Out
- Water and Sports

Top Ten Reasons

Go Green

- The Scoop on Sweet Drinks
- Just Like Mom & Dad
- Pouring on the Pounds
- The Caffeine Craze
- Is Diet Right?
- Juice Abuse
- H₂O Needs
- Tap, Bottled, or Filtered?

- What's in It?
- Feeling Great
- Play Like a Pro
- Energy Drink Hype
- Healthy Weight
- Selling Soda

Featured Areas on Homepage

Think your drink: See the sugar, caffeine, and calories in your favorite drinks. (Drink Calculator)	Take the plunge
Trip to Great Wolf Lodge Indoor Water Park: Grand prize drawing for families with tweens.	Hydro-Me (Virtual Character): Create your own character and track your consumption online.