



30-DAY WATER CHALLENGE

WATER INTAKE TRACKING

Fill in a water droplet each time you finish an 8 oz. glass of water.

YOU GOT THIS!

	DAILY MINIMUM	EXTRA		DAILY MINIMUM	EXTRA
DAY 1			DAY 16		
DAY 2			DAY 17		
DAY 3			DAY 18		
DAY 4			DAY 19		
DAY 5			DAY 20		
DAY 6			DAY 21		
DAY 7			DAY 22		
DAY 8			DAY 23		
DAY 9			DAY 24		
DAY 10			DAY 25		
DAY 11			DAY 26		
DAY 12			DAY 27		
DAY 13			DAY 28		
DAY 14			DAY 29		
DAY 15			DAY 30		

WAY TO GO!