

Water Log
Goal: 66-99 oz./day
Submit by 2/15/24

Record how much water you drink. The goal is a target, there is no right or wrong answer!
Be “mindful”!

Complete 12 days and send it in!

| | <u>Date</u> | <u>Ounces</u> |
|----------|-------------|---------------|
| Example: | 1/3 | 50 ounces |
| | 1/4 | 75 ounces |
| 1) | | |
| 2) | | |
| 3) | | |
| 4) | | |
| 5) | | |
| 6) | | |
| 7) | | |
| 8) | | |
| 9) | | |
| 10) | | |
| 11) | | |
| 12) | | |

Be “mindful”! Did this challenge help you stay hydrated? Did it improve your choices? Check all that apply:

- This challenge increased my daily water intake.
- This challenge helped me to reduce my sugar intake. I drank less soda, sports drinks, and fruit juice.
- My water intake is always good, it is nice to be rewarded for healthy habits!