

Drink Up Hydration Challenge

DAY 1



- ☐ 64+ oz each day
- ☐ Drink water before any other beverage in the morning
- ☐ 4-8 oz water before breakfast
- ☐ 4-8 oz water before dinner
- ☐ 4-8 oz water before snacks

DAY 2



- ☐ 64+ oz each day
- ☐ Drink water before any other beverage in the morning
- ☐ 4-8 oz water before breakfast
- ☐ 4-8 oz water before dinner
- ☐ 4-8 oz water before snacks

DAY 3



- ☐ 64+ oz each day
- ☐ Drink water before any other beverage in the morning
- ☐ 4-8 oz water before breakfast
- ☐ 4-8 oz water before dinner
- ☐ 4-8 oz water before snacks

DAY 4



- ☐ 64+ oz each day
- ☐ Drink water before any other beverage in the morning
- ☐ 4-8 oz water before breakfast
- ☐ 4-8 oz water before dinner
- ☐ 4-8 oz water before snacks

































































































































DAY 5




- ☐ 64+ oz each day
- ☐ Drink water before any other beverage in the morning
- ☐ 4-8 oz water before breakfast
- ☐ 4-8 oz water before dinner
- ☐ 4-8 oz water before snacks

WATER Tracker

JAN	FEB	MAR	APR
MAY	JUN	JUL	AUG
SEP	OCT	NOV	DEC

DAY 1								
DAY 2								
DAY 3								
DAY 4								
DAY 5								
DAY 6								
DAY 7								
DAY 8								
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DAY 29							
DAY 30							
DAY 31							

NOTES