Repeat After Me 'I Love Water'

WAYS TO MAKE IT FUN & DELICIOUS





- [ ] add lemon, lime, berries, orange slices, cucumbers, mint
- [ ] try a new glass or water bottle
- [ ] set a timer on your phone
- [ ] make it your wake up beverage
- [ ] keep it near you for easy access
- [ ] change up the temperature cold, room temp or hot
- [ ] tell yourself 'I love water'

WEEKLY TRACKER





SUNDAY								
MONDAY								
TUESDAY								
WEDNESDAY								
THURSDAY								
FRIDAY								
SATURDAY								

MY GOAL

I used my weekly tracker to be sure I reached my daily hydration goal with at least 1/2 from water.

- [ ] yes! I did it!
- [ ] next week I will definitely nail this goal!