



# Hydration Challenge

Try tracking your fluid intake- add a tally or tick to the table for every glass, cup or ½ bottle of fluid! Aim for **8-10 glasses** of fluid per day but remember this doesn't all have to be water; other fluids count too, except alcohol!

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							