

NAME: \_\_\_\_\_ GRADE: \_\_\_\_\_

# WATER TRACKER

Instructions: Each day of the week, record the number of eight-ounce glasses of water (only) consumed. Remember, 8 oz. = 1 cup. On Friday, you will total the number of glasses you consumed for the week. Your name will be entered into a drawing for prizes based on your participation.

\_\_\_\_\_ MONDAY \_\_\_\_\_

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\_\_\_\_\_ TUESDAY \_\_\_\_\_

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\_\_\_\_\_ WEDNESDAY \_\_\_\_\_

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\_\_\_\_\_ THURSDAY \_\_\_\_\_

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### 10 tips to get your daily water intake:

1. Get a refillable water bottle and keep it filled and with you at all times.
2. Every hour, drink, fill up your cup, and drink.
3. Add a squeeze of lemon to your water.
4. Slice and freeze citrus fruits and use instead of ice cubes to chill your water.
5. When you drink juice, substitute ½ with water.
6. Put it in a cute glass. It won't taste better, but it will be prettier to look at.
7. Drink ½-1 cup of water before and after each meal.
8. After you use the restroom, replenish your system with a glass of water.
9. Drink it hot. Squeeze a bit of lemon with a little honey in it.
10. Use a straw so you can slowly sip your H<sub>2</sub>O instead of gulping it.

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