



WATER CHART

HOW MANY GLASSES HAVE YOU HAD TODAY?

DATE:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL
NAME								
NAME								
NAME								

- HOW TO USE:**
1. Fill out names of those participating
 2. Record number of glasses you drink per day
 3. Calculate total number of glasses drank at end of the week and see how your water intake measures up.