
































Don't Wait, Hydrate!

It's easy to forget to stay hydrated. Keep track of how much fluid you're drinking a day with this water tracker!

Day 1		Day 19	
Day 2		Day 20	
Day 3		Day 21	
Day 4		Day 22	
Day 5		Day 23	
Day 6		Day 24	
Day 7		Day 25	
Day 8		Day 26	
Day 9		Day 27	
Day 10		Day 28	
Day 11		Day 29	
Day 12		Day 30	
Day 13		Day 31	
Day 14			
Day 15			
Day 16			
Day 17			
Day 18			

Water Fact

Drinking **6 to 8 glasses** of fluid a day is recommended to ensure a healthier diet.