



# 6-WEEK WATER YOU WAITING FOR CHALLENGE LOG

## TRACK YOUR WATER

Consume eight or more cups of water per day. At home or at work. Track your consumption on this card. Remember: only water counts!

Each drop is worth one point. To complete the challenge, you need to accumulate at least 200 points or 25 full days.

**1 cup = 8 ounces**



CHEERS TO A  
HEALTHIER YOU!

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

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

TOTAL POINTS: \_\_\_\_\_