

Weekly Water Tracker

Hydration goal: Drink 5 large glasses of water every day

Day	Fill in a star for every large glass of water you drink. Remember a large glass of water is 16 oz.				
Sunday	\searrow	\nearrow	\nearrow	\nearrow	\sim
Monday	\searrow	\nearrow	\nearrow	\nearrow	\longrightarrow
Tuesday			\searrow	\bigwedge	\sim
Wednesday	\searrow	\searrow	\searrow	\searrow	\sim
Thursday		\searrow	\searrow		\sim
Friday	\sim	\sim	\sim	\sim	\sim
Saturday	\searrow	\searrow	\searrow	\Rightarrow	***************************************