







HYDRATION *Challenge*



During the hydration challenge, the goal is to consume eight glasses of water per day. Although other beverages such as soda, coffee, and juice contribute toward your daily liquid intake, the challenge is geared solely toward increased consumption of water in place of sugary and caffeine-containing beverages.

Color in how many glasses of water you drink each day!

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	