



Water Tracker

sip, sip, hooray

MONTH _____

DAILY GOAL _____

1         _____

2         _____

3         _____

4         _____

5         _____

6         _____

7         _____

8         _____

9         _____

10         _____

11         _____

12         _____

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14         _____

15         _____

16         _____

17         _____

18         _____

19         _____

20         _____

21         _____

22         _____

23         _____

24         _____

25         _____

26         _____

27         _____

28         _____

29         _____

30         _____

31         _____

1 drop = 1 glass (8 oz / 250 ml)

reward when I hit my goal 25 days: _____