

# Water YOU DRINKING? CHALLENGE

This 14-day challenge is designed to help encourage you to increase your daily consumption of water. Not everyone agrees on the exact amount one should drink each day to maintain a healthy level of hydration but, the 8x8 rule (an eight-ounce glass of water, eight times a day) is considered to be a safe and smart amount of daily water.

Drinks like coffee, soda, and juice don't count toward your daily goal. For this challenge, focus on increasing your consumption of water in place of sugary and caffeinated drinks.

## INSTRUCTIONS:









































































































**DRINK** - Each day for 14 days, try to drink eight, 8-ounce glasses of water. It's ok if you don't hit eight glasses; just keep trying.

**WRITE IT DOWN** - For each 8-ounce glass of water you drink that day, color in the little glass icon.

**SUM IT UP** - At the end of your 14 days, total the number of glasses you drank.

I drank \_\_\_\_\_ glasses of water  
throughout the challenge.

NOTE: If a physical condition prevents you from achieving the water consumption levels outlined in the Water You Drinking? Challenge please alter your daily water consumption accordingly.

Day 1								
Day 2								
Day 3								
Day 4								
Day 5								
Day 6								
Day 7								
Day 8								
Day 9								
Day 10								
Day 11								
Day 12								
Day 13								
Day 14	