



Are You Drinking Enough Water?

Check off how many glasses you drink each day! Rethink Your Drink and choose WATER!

Weeks of ____

	Su	inday				Sunda	ay	
	Mo	onday				Mond	ay	
	Tu	esday				Tuesd	ay	
	Wed	Inesda	ay		V	Vednes	sday	
	Thu	ursday				Thurso	day	
	F	riday				Frida	y 📗	
		curday				Saturo		