## Are You Drinking Enough Water?

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

Weeks of

## Sunday <br>  <br> Monday <br>  <br> Tuesday <br>  <br> Monday <br>  <br> Tuesday


Wednesday
$\square \square \square \square \square \square \square \square \square \square \square \square$
Thursday


Friday


Saturday


Thursday


Friday


Saturday


