



Are You Drinking Enough Water?

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

Weeks of _____ - _

	Sunday 🔲 🔲 😈	Sunday
	Monday	Monday 🔲 🔲 📦 📦
	Tuesday	Tuesday
	Wednesday	Wednesday
	Thursday	Thursday
	Friday	Friday
	Saturday	Saturday 🔲 🔲 💮 💮