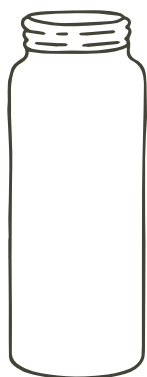


# Hydration Challenge

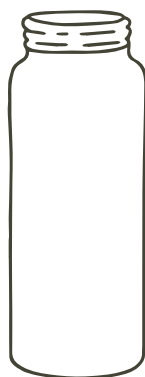
**Start by setting your daily hydration goal.** General recommendation is to aim for half of your weight in ounces. (I.e. 220 lbs = 110 oz per day)

**Use this tracker to stay accountable** to your goal for the next 14 days by coloring in or writing the amount you consume each day.

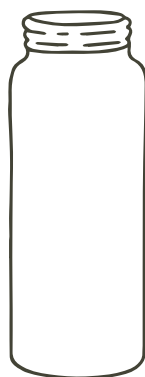
My hydration goal: \_\_\_\_\_ ounces per day



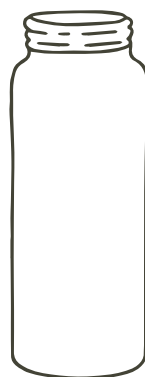
Day 1



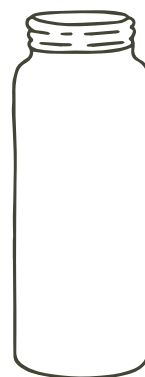
Day 2



Day 3



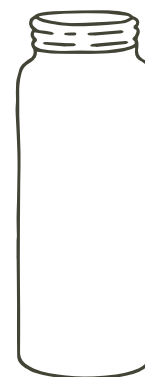
Day 4



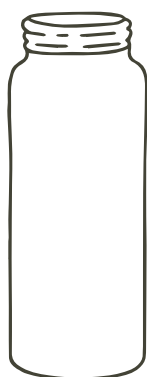
Day 5



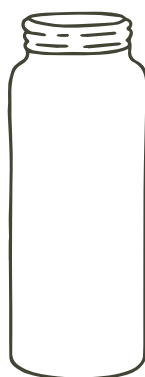
Day 6



Day 7



Day 8



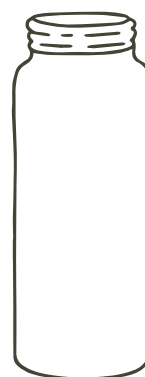
Day 9



Day 10



Day 11



Day 12



Day 13



Day 14

Name: \_\_\_\_\_

Examples of how to track:

