Every time you drink a glass of water, check it off or give yourself a sticker.

Day: __________________________

TIME OF DAY:

Breakfast

Mid-morning

Lunch

Afternoon snack

After school

Dinner

After dinner

Mark with a sticker!  _______

Remember to aim to drink at least 6 cups of water every day!

Encourage your family and friends to drink water to replace sugar sweetened beverages!