**30 Day Water Tracker**



Use the chart below to track how much water you consume each day. Color one water drop for each glass of water you drink. Remember, it's not a requirement to drink 8 glasses a day. Instead, drink enough that your body is adequately hydrated.

Tips for consuming more water:

* If plain water isn't your thing, add your favorite flavor to it. Fresh squeezed juices and sugar free flavorings are great choices.
* Add a filter to the faucet if you don't like the taste of your local water.
* While waiting for your first cup of coffee to brew, have a drink of water.
* Use an insulated cup to keep water cold for hours so you can take it with you everywhere.
* Have a favorite water bottle? Use a permanent marker to mark hourly intervals so you can see how much progress you are making. You can also buy marked bottles like this.
* Herbal teas are a great way to consume more water.
* Make it a rule that each time you finish a task, be it at home or work, you take a water break.
* Keep a jug or a few bottles of water in the refrigerator so they're cold and ready.
* Take a few swallows of water before each meal.
* Snack on water rich fruits and vegetables such as celery, melons and cucumbers.

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| **DAY 28** |  |  |  |  |  |  |  |  |
| **DAY 29** |  |  |  |  |  |  |  |  |
| **DAY 30** |  |  |  |  |  |  |  |  |