

HEAL'S RETHINK YOUR DRINK TRACKING SHEET

Thanks for Taking the Challenge!

Track the amount of water you drink over the next 4 weeks with the ultimate goal of drinking

64 OUNCES of water per day.

(Please note: you are only eligible for PRIZES if you track your progress.)

Write your total daily water intake in the chart below:

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Week #1							
Week #2							
Week #3							
Week #4							

YOU ARE ON YOUR WAY TO BETTER HEALTH!

Name: _____
Email: _____
Phone: _____

