



MY GOAL

DRINK WATER

The cheapest, simplest way to be healthy.
Set your water goal and drink daily.

NOTES:

RESOURCES: Calculate your water goal by multiplying your weight by 67% and the result is your recommended ounces per day. (example: 150 lbs x 67% = 100 oz). Buy a 32 ounce container and fill 3 times per day.

SUGGESTED GOAL PAIRINGS: Track Progress - Food Log - Healthy Meal Plan - Begin Fitness

PROGRESS: Each day record in the box the number of ounces or glasses of water you drink.

A calendar-style tracking sheet for water intake. It has a blue header with two punch holes and the text "WATER GOAL" in white. Below the header is a grid of 35 empty boxes (7 columns by 5 rows) for recording daily water intake.

WATER GOAL						