

# Water Drinking Chart

Circle how many glasses of water you drink in a day! Each glass below represents one 8 ounce glass of water.

## Week 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						
						
						
						

## Week 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						
						
						
						

## Week 3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						
						
						
						