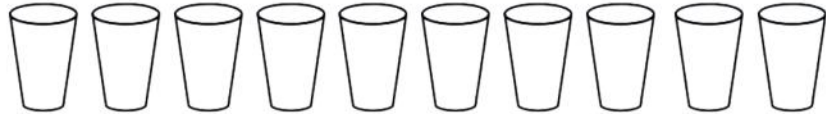


Water Accountability Sheet

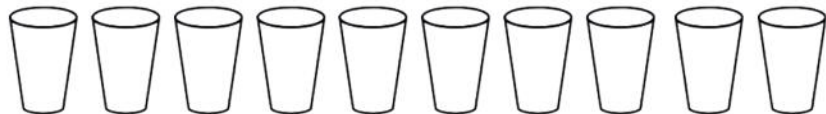
LET'S DRINK WATER TOGETHER

GOAL: DRINK 1/2 YOUR BODY WEIGHT IN OUNCES OF WATER PER DAY.
I WILL DRINK _____ OUNCES A DAY.

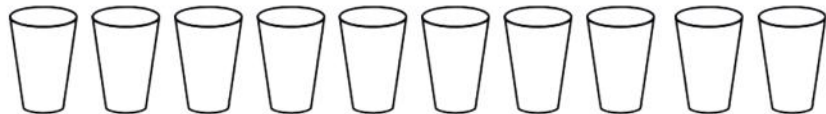
MONDAY



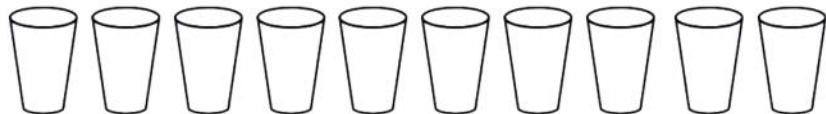
TUESDAY



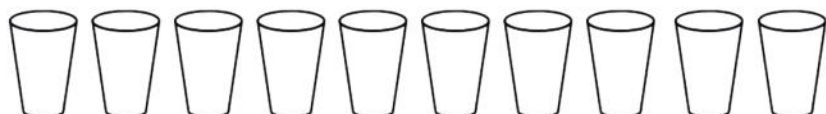
WEDNESDAY



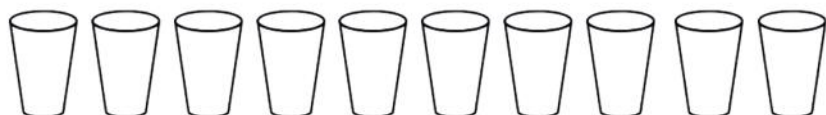
THURSDAY



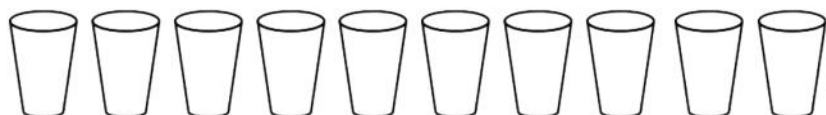
FRIDAY



SATURDAY



SUNDAY



Remember to use this sheet every day to help you track your progress and stay accountable to your hydration goals. Good luck!