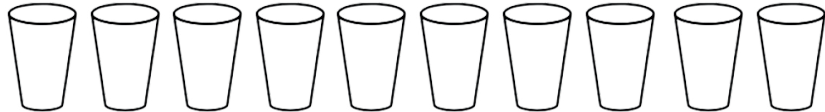


# Water Accountability Sheet

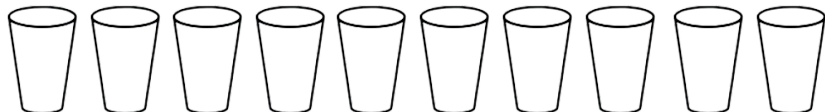
**LET'S DRINK WATER TOGETHER**

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

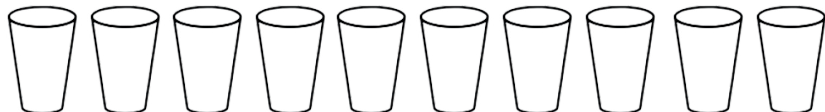
MONDAY



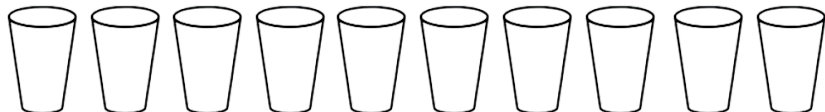
TUESDAY



WEDNESDAY



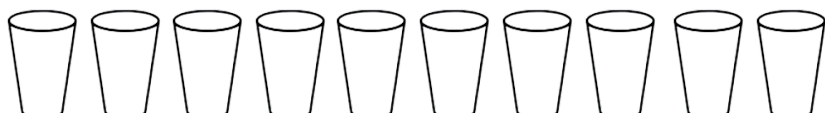
THURSDAY



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!