



## Are You Drinking Enough Water?

Check off how many glasses you drink each day! Rethink Your Drink and choose WATER!

Weeks of \_\_\_\_\_-

			_								
			nday					Sur	nday		
		Mor	nday					Mor	nday		
			sday					Tue	sday		
	V	Vedr	nesda	ay			V	Vedr	nesd	ay	
		Thui	rsday	y				Thur	rsday	y	
		Fri	day					Fri	day		
			urday						ırday		