



5 weeks to more water



Goal = 8 or more glasses of water a day
Reduce soda intake



= 1 glass

If you need more flavor try infusing your water with fresh fruits and herbs.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

Soda Days

Date	How Much	Date	How Much	Date	How Much
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____