

# Water Intake Calendar

Each day, check off the amount of water you drink.

Aim to drink 8 – 8oz cups of water per day.

**Month:**

| Sunday   | Monday   | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday   |
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## 10 Tips to get your daily water intake:

1. Get a refillable water bottle and keep it filled and with you at all times.
2. Every hour, drink fill up your cup and drink.
3. Add a squeeze of lemon to your water.
4. Slice and freeze citrus fruits and use instead of ice cubes to chill your water.
5. When you drink juice, substitute  $\frac{1}{2}$  with water.
6. Put it in a cute glass. It won't taste better, but it will be prettier to look at.
7. Drink  $\frac{1}{2}$  -1 cup of water before and after each meal.
8. After you use the restroom, replenish your system with a glass of water.
9. Drink it hot. Squeeze a bit of lemon with a little honey in it.
10. Use a straw so you can slowly sip your H<sub>2</sub>O instead of gulping it.