

Cut along the dotted line and hang on your refrigerator for a handy reminder.



# DRINK UP!

Use this water tracker to ensure you're drinking enough water each day. Fill in a droplet for each tall glass of water that you drink (8 oz).

## Tips & Tricks

- 1 Build up to it.** If you struggle to reach a full 8 glasses each day, try starting out with a smaller goal and work your way up. Currently reaching four glasses a day? Tomorrow, try getting to five, and keep building from there.
- 2 Make it a competition!** Compete with your friends, your coworkers, or your family to see who can reach their goal throughout the week.
- 3 Small sips make a big difference.** Keep a glass beside you throughout the day, and you'll be surprised at how quickly you can empty it by taking the occasional sip!



Monday

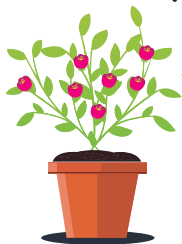


Tuesday



Wednesday

Thursday



Friday

Saturday

Sunday



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