



HO, HO, HO, H2O!

NAME: _____

DEPARTMENT: _____

Strive to drink 8 or more cups of water each day for 14 days. *Only water counts!*

Each drop on this tracking sheet represents a cup of water and is worth one point. To complete the challenge, you need to accumulate at least 96 points, or 12 full days.

1 cup = 8 ounces

THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
December 5th 	December 6th 	December 7th 	December 8th 	December 9th 	December 10th 	December 11th
December 12th 	December 13th 	December 14th 	December 15th 	December 16th 	December 17th 	December 18th

Submit completed tracking sheet via email to healthmatters@dhr.idaho.gov by Friday, December 27 to be eligible for prizes.

healthmatters.idaho.gov

