

14 DAY

Hydration Challenge

FROM _____ TO _____

RECORD HOW MUCH YOU DRINK EACH DAY...

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Tips:

- Drink a glass of water first thing in the morning
- Carry a water bottle around with you during the day
- Drink a glass of water or equivalent in between each hot or alcoholic beverage
- Drink before each main meal
- Limit the amount of sugar and caffeine in drinks

AIM FOR 2 LITRES OF FLUID

NOTES