

Hydrate, Refresh and Revitalize.

Name _____

We all know we are supposed to drink water. This month we will show you how important that is and more ways to stay hydrated.

	Example	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>Week 1</u>								
Water?	_____ OZ	_____ OZ	_____ OZ	_____ OZ	_____ OZ	_____ OZ	_____ OZ	_____ OZ
Lemon water?	_____ OZ	_____ OZ	_____ OZ	_____ OZ	_____ OZ	_____ OZ	_____ OZ	_____ OZ
<u>Week 2</u>	Strawberries							
Eat your water	Celery, grapes							
<u>Week 3</u>								
How hydrated are you? 1-10	7							
<u>Week 4</u>	Less headaches							
How do you feel?	More energy							

Return this Tracking Sheet to: wellness@weber.edu or fax to: 801-626-6685 or mail to MC 3501 by Friday, April 6th.