



## Hydrate!

1. My daily fluid goal is...

To drink 64 ounces of water per day.

To add 2 8-ounce cups per day.

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2. What does your goal look like?

2 32-ounce bottles of water per day.

1 16-ounce water bottle

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3. When will you drink your fluids?

I will drink 8 ounces of water every time I go to the bathroom.

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#### 4. How can you remember?

I can fill up 4 half-liter water bottles and drink them before the end of the day.

I will set an alarm on my phone to drink 8 ounces of water at 10:00 a.m. and 2:00 p.m.

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#### 5. Track your fluids to success!

I'll put \$2 in my piggy bank when I hit my fluid goal.

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