







# 5-DAY WATER CHALLENGE

1 cup of water = 8 fluid oz. At a minimum, aim to drink 1/2 your bodyweight in fluid oz. per day. Record the total amount of water you drink per day in oz. during the challenge and then tally up the total over the course of 5 days.


Example: 200 lbs. = 100 oz.

 **Monday**   **Total ounces of water: \_\_\_\_\_ oz.**




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 **Tuesday**   **Total ounces of water: \_\_\_\_\_ oz.**




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 **Wednesday**   **Total ounces of water: \_\_\_\_\_ oz.**

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 **Thursday**   **Total ounces of water: \_\_\_\_\_ oz.**

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 **Friday**   **Total ounces of water: \_\_\_\_\_ oz.**

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 **Total ounces of water over 5 days: \_\_\_\_\_ oz.**