

Drink Tracker

Goal: drink at least 64 oz. of water and 24 oz. of milk each day

	Water	Milk	100% Juice	Soda Pop	Energy Drink	Fruit Drink	Sports Drink	Coffee/ Tea
Day 1	 ____ OZ	 ____ OZ	 ____ OZ	 ____ OZ	 ____ OZ	 ____ OZ	 ____ OZ	 ____ OZ
Day 2	 ____ OZ	 ____ OZ	 ____ OZ	 ____ OZ	 ____ OZ	 ____ OZ	 ____ OZ	 ____ OZ
Day 3	 ____ OZ	 ____ OZ	 ____ OZ	 ____ OZ	 ____ OZ	 ____ OZ	 ____ OZ	 ____ OZ
Day 4	 ____ OZ	 ____ OZ	 ____ OZ	 ____ OZ	 ____ OZ	 ____ OZ	 ____ OZ	 ____ OZ
Day 5	 ____ OZ	 ____ OZ	 ____ OZ	 ____ OZ	 ____ OZ	 ____ OZ	 ____ OZ	 ____ OZ
Day 6	 ____ OZ	 ____ OZ	 ____ OZ	 ____ OZ	 ____ OZ	 ____ OZ	 ____ OZ	 ____ OZ
Day 7	 ____ OZ	 ____ OZ	 ____ OZ	 ____ OZ	 ____ OZ	 ____ OZ	 ____ OZ	 ____ OZ

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