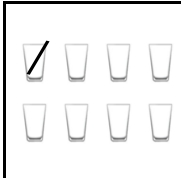
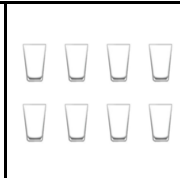
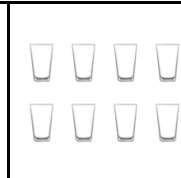
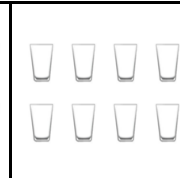
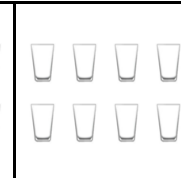
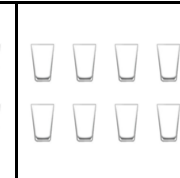
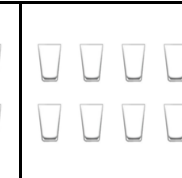




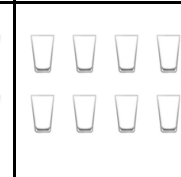


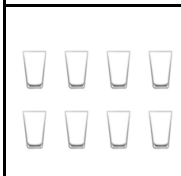


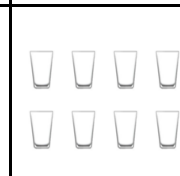
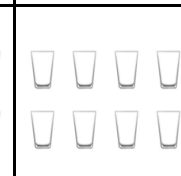

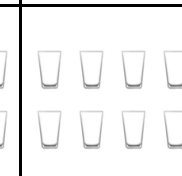




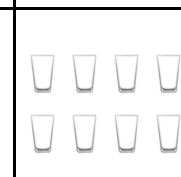


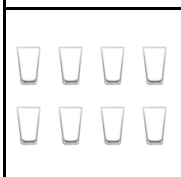


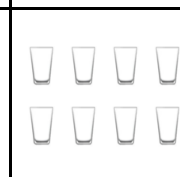
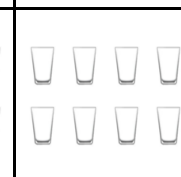






A Wellness Program of Four Corners Health Department

Water you drinking?

My Tracking Sheet

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
						
						
						
						Each glass  8 oz.

Instructions

- Each day of the month, record the number of eight-ounce glasses of water (only water) consumed. Remember, 8 oz. = 1 cup.
- Total the number of glasses (8 oz.) of water consumed during the challenge period
- Submit your *Water You Drinking?* Tracking Sheet to a wellness committee member.
- Your name will be entered into a drawing for prizes based upon the following consumption levels achieved during the challenge period.

- Platinum – 112 or more glasses (8 oz.)
- Gold – 100 to 111 total glasses (8 oz.)
- Silver – 87 to 99 total glasses (8 oz.)
- Bronze – under 87 glasses (8 oz.)

NOTE: If a physical condition prevents you from achieving the water consumption levels outlined in the *Water You Drinking? Challenge*, please alter your daily water consumption accordingly.



Adapted from: University of Minnesota Driven to Discover