



HEALTHY HABITS

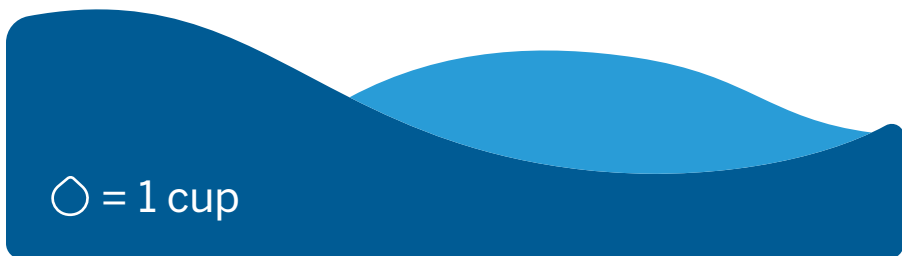
Water Tracker

It's recommended that we consume 8 glasses (approximately 1 gallon or 128 fl oz) of water every day. Use this template to keep track of your daily water intake.

Water Bottle Conversion Chart

Have a trusty water bottle? Use this chart to quickly determine how many times you should fill it up to reach your daily goal.

Size (fl oz)	Fill	Goal
16	x8	1 gallon (128 fl oz)
32	x4	1 gallon (128 fl oz)
64	x2	1 gallon (128 fl oz)



MONTH

YEAR

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