Skin

Water Intake Tracker

1. Color the water intake tracker on the left and add your name to it
2. Cut out the tracker and tape it to your water bottle
3. Use the tracker to remind yourself to drink water throughout the day!

This Water Bottle belongs to

_____

9 AM		2 PM
10 AM		3 PM
11 AM		4 PM
12 AM		5 PM
1 PM		6 PM

Repeat

Tape it on your Water Bottle!

