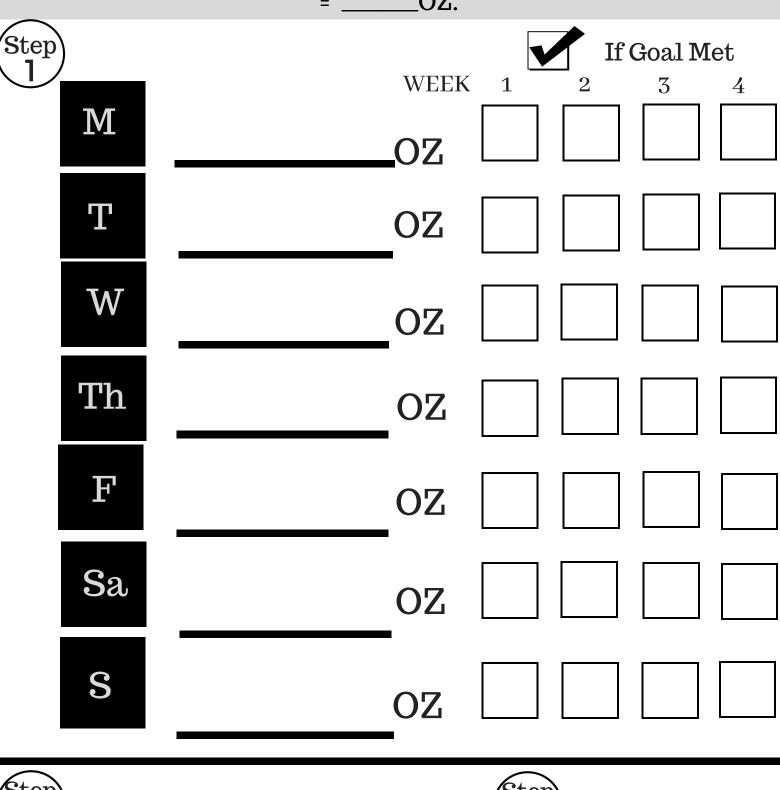
## **HYDRATION GOALZ SHEET**

My Daily Water Intake Goal (1/2 of my bodyweight in ounces) = \_\_\_\_OZ.





If goal was met 6/7 days



MY REWARD WILL BE:

Week 1

2

3

4



WILL DE.