

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Campus: \_\_\_\_\_

# Hydration Challenge Worksheet



## Instructions

- Each day of the month, record the number of ounces of water consumed on the calendar. Remember, 8 oz. = 1 cup.
- On June 30, total the number of ounces consumed during the month.
- Submit your worksheet to Allison Kerin no later than July 6, 2018.

## Got Questions?

We're here to help.

Allison Kerin

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June 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
FATHER'S DAY	24	25	26	27	28	29
						30

Total ounces (oz) this month:

\_\_\_\_\_