

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 6th.

Got Questions?

We're here to help.

Allison Kerin

(806)743-6462

Allison.kerin@ttuhsc.edu



June 2019

2019 JUNE						
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	24	25	26	27	28	29
30						

Total ounces (oz) this month:
