



# Track Your Water

## Supports Meeting 1, Activity 2, Choice 2

You decorated your own water bottle. Now it's time to use it! Set a goal for how many bottles you want to drink each day. Use this sheet to keep track until your next Girl Scout meeting.

**My Goal:** \_\_\_\_\_ **water bottles per day**

Your troop leader can help you to figure out your goal. You should drink 40–56 ounces (5–7 cups) of water per day (more if you're very active or it's hot outside).

### My Water Diary

Color in or circle each bottle after you drink that amount of water. (You don't have to complete all the bottles. Only drink what you need!) Continue on the back of this page if you want to add more days.

**Day #**

**Bottles**

1



2



3



4



5



6



7



**Day #**

**Bottles**

8



9



10



11



12



13



14

