



November 2020 Water Log Challenge

Aim to drink at least 8 cups (64 ounces) of water each day

Log how many cups you drink each day below! Give yourself 1 point per day that you get 8 cups or more.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Cups Water _____	2 Cups Water _____	3 Cups Water _____	4 Cups Water _____	5 Cups Water _____	6 Cups Water _____	7 Cups Water _____
8 Cups Water _____	9 Cups Water _____	10 Cups Water _____	11 Cups Water _____	12 Cups Water _____	13 Cups Water _____	14 Cups Water _____
15 Cups Water _____	16 Cups Water _____	17 Cups Water _____	18 Cups Water _____	19 Cups Water _____	20 Cups Water _____	21 Cups Water _____
22 Cups Water _____	23 Cups Water _____	24 Cups Water _____	25 Cups Water _____	26 Cups Water _____	27 Cups Water _____	28 Cups Water _____
29 Cups Water _____	30 Cups Water _____					

