

Hydration Station

DRINK UP!

Step 1: Set your daily goal for water

Step 2: Choose a favorite water bottle

Step 3: Determine how many refills you need per day to meet your goal based on the size of your water bottle

Step 4: Tally your refills throughout the day, every day!

MARCH

S	M	T	W	T	F	S
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	31				