## WATER Tracker

## GOAL : Drink eight glasses of water a day

| $\text { (1) } 7 A M$ |
| :---: |
| $\text { (J) } 9_{\mathrm{AM}}$ |
| ( ) 11 AM |
| (1) <br> 1 PM |
| $\text { (L) } 3 \mathrm{PM}$ |
| 5 PM |
| (1) $7 P M$ |
| $($ <br> 9 PM |

