

Healthy Hydration

Staying properly hydrated helps you play and study harder. Set a hydration goal and track it over the next five days to see how close you get.

Hydration Goal: _____

	Day 1	Day 2	Day 3	Day 4	Day 5
Cups of Water					
Cups of Other Beverages					
Hydrating Foods Eaten					

Did you reach your hydration goal? Yes No

