

**Daily Goal:**  
64 OZs or  
1/2 of Your  
Body Weight

# 21 Day Water Challenge

## Daily Tracker



Directions: Fill in each 8 OZ glass of water consumed & enter total for each day.  
Enter the grand total for 21 days in the space provided.



Name: \_\_\_\_\_ Grand Total: \_\_\_\_\_

Location:  Southern  Midcoast  Western  Eastern  Northern  Traffic  Fleet  MTEx  Headquarters

Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Daily Totals																					

Note: At the end of the challenge, a survey will be sent out to collect your **TOTAL** water intake for the challenge

