

GOAL TRACKER

My goal is to:
**Drink more water and less
soda and juice.**

Date: _____

Circle the number of glasses of water that you drank today.
One serving equals 8 ounces or 1 cup.

Monday:	1	2	3	4	5	6	7	8
Tuesday:	1	2	3	4	5	6	7	8
Wednesday:	1	2	3	4	5	6	7	8
Thursday:	1	2	3	4	5	6	7	8
Friday:	1	2	3	4	5	6	7	8
Saturday:	1	2	3	4	5	6	7	8
Sunday:	1	2	3	4	5	6	7	8

Tips

- ✓ **Mix half water and half juice.** This way you can enjoy the flavor with only half of the sugar.
- ✓ **Pass on the soda.** Don't have it around. It has no nutritional value, adds calories to your diet, increases the occurrence of cavities, and may increase your risk for bone fractures later in life.
- ✓ **Water is the best choice!** Not only is it the most healthful drink, it is also the least expensive.

➔ Water makes me feel good because:

