

# Every Sip Counts Challenge Tracker

**Track each day you consume at least 64 oz (eight 8oz cups) of water.** It is important to note that individual hydration needs can vary based on factors like lifestyle, climate, and overall health. Consult with your provider if you have concerns with consuming the recommended amount of water. Unsweetened beverages without artificial sweeteners count as well (tea, coffee, seltzer, naturally flavored water).

At the end of the challenge, submit your tracker to:

Name:

Email/phone:



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date:	Date:	Date:	Date:	Date:	Date:	Date:
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