

Water Timeline

Set an alarm and drink!

Goal to drink half your body weight in ounces each day.



8:30 AM

12: 30 PM



9:00 AM

1: 00 PM



9:30 AM

1: 30 PM



10:00 AM

2: 00 PM



10:30 AM

2: 30 PM



11:00 AM

3:00 PM



11:30 AM

3:30 PM



12: 00 PM

4:00 PM



4:30 PM



Total Ounces

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