

Water Worksheet

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

$$\frac{\text{Weight in pounds}}{2} = \boxed{} \text{ Ounces to drink today}$$



Water Checklist

Check off every time you finish a bottle/cup of water.

$$\frac{\text{Ounces to drink}}{\text{Ounces in your bottle/cup}} = \boxed{} \text{ Bottles/cups to drink today}$$

