

# 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 cheapest.

➔ Water makes me feel good because:

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