



ABC's OF HEALTHY KIDS | D: Drink More Water

# Hydration Habits

Hydration means your body has enough water.  
What are your hydration habits?\* Use this chart to track how many glasses of water you drink every day.

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

Name: \_\_\_\_\_



*8 glasses (64 oz) of water a day is a general suggestion. Hydration needs depend on age, weight, level of physical activity, general health, and climate in which you live. Contact your healthcare provider for guidance specific to your circumstances.*

ABC's OF HEALTHY KIDS: [www.snohd.org/healthykids](http://www.snohd.org/healthykids) • [www.snohd.org/activities](http://www.snohd.org/activities)