



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 • www.snohd.org/activities