

# Ways to Increase Water Worksheet



1 How I plan to increase my water during the day

Light blue rectangular area for writing the answer to question 1.

2 What might get in the way of drinking more water?

Light blue rectangular area for writing the answer to question 2.

3 What will you do to fix this issue?

Light blue rectangular area for writing the answer to question 3.

4 What is the result of the water challenge that you did? (Write this after one week)

Light blue rectangular area for writing the answer to question 4.

5 Other steps I need to take to continue drinking enough water.

Light blue rectangular area for writing the answer to question 5.

