

Water Challenge Worksheet



Drink enough water by listening to your body and honoring your thirst

Steps you can take to drink enough water every day

Check off items that you currently do to help with your water intake

___ Drink eight ounces of water before each meal

___ Drink eight ounces of water after you get up in the morning

___ Drink eight ounces of water before you go to bed

___ Instead of eating a snack, drink eight ounces of water

___ Buy a water infuser and flavor water with fruits or veggies

___ Drink water with ice in it. Freeze berries or clementine slices in the ice cubes

___ Eat higher water foods - tomatoes, cucumbers, watermelon, celery, peppers, cauliflower, and spinach

___ Drink carbonated water

___ Set a timer to take water breaks. Use your smartphone or tablet to do this

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If you did not check off some of the items, those could be areas to focus on to increase your water intake.