

Family Challenge 3:

Drink water 5 or more times a day

Complete this challenge during the third nine weeks of school.

DRINK

MORE WATER



LESS SUGARY
DRINKS

EVERY DAY



Name	Goal	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	Drink water 5+ times							
	Drink water 5+ times							
	Drink water 5+ times							
	Drink water 5+ times							

Directions:

1. Write each family member's name in a blank box in the first column.
2. Each person sets a goal to drink water five or more times every day.
3. Every day, each family member writes the number of times they drank water.
4. At the end of the week, circle all of the days that each family member met his or her goal.