

Drink more water effortlessly

WATER HABIT TRACKER

www.amygibbstherapies.com

Each time you drink a glass of water, colour in one of the water droplets on the tracker below:

Approx. How many litres of water have you drunk in total today?

MONDAY (Day 1)



TUESDAY (Day 2)



WEDNESDAY (Day 3)



THURSDAY (Day 4)



FRIDAY (Day 5)



SATURDAY (Day 6)



SUNDAY (Day 7)


