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**Goal: drink \_\_\_ cups of liquid each day.**

Use this chart to track liquids. Have your child cross off, or color in a cup each time they drink.

<b>Day 1</b>	 8 oz	 8 oz	 8 oz	 8 oz	 8 oz	 8 oz
<b>Day 2</b>	 8 oz	 8 oz	 8 oz	 8 oz	 8 oz	 8 oz
<b>Day 3</b>	 8 oz	 8 oz	 8 oz	 8 oz	 8 oz	 8 oz
<b>Day 4</b>	 8 oz	 8 oz	 8 oz	 8 oz	 8 oz	 8 oz
<b>Day 5</b>	 8 oz	 8 oz	 8 oz	 8 oz	 8 oz	 8 oz
<b>Day 6</b>	 8 oz	 8 oz	 8 oz	 8 oz	 8 oz	 8 oz
<b>Day 7</b>	 8 oz	 8 oz	 8 oz	 8 oz	 8 oz	 8 oz