WORKING FOR A HEALTHIER TN

Water Tracker

Total Daily Ounces

MONDAY	8 ounces	16 ounces	24 ounces	32 ounces	40 ounces	48 ounces	56 ounces	64 ounces	Ounces
TUESDAY	8 ounces	16 ounces	24 ounces	32 ounces	40 ounces	48 ounces	56 ounces	64 ounces	Ounces
WEDNESDAY	8 ounces	16 ounces	24 ounces	32 ounces	40 ounces	48 ounces	56 ounces	64 ounces	Ounces
THURSDAY	8 ounces	16 ounces	24 ounces	32 ounces	40 ounces	48 ounces	56 ounces	64 ounces	Ounces
FRIDAY	8 ounces	16 ounces	24 ounces	32 ounces	40 ounces	48 ounces	56 ounces	64 ounces	Ounces
SATURDAY	8 ounces	16 ounces	24 ounces	32 ounces	40 ounces	48 ounces	56 ounces	64 ounces	Ounces
SUNDAY	8 ounces	16 ounces	24 ounces	32 ounces	40 ounces	48 ounces	56 ounces	64 ounces	Ounces

Staying hydrated is important in order to keep the body functioning properly. For generally healthy people, 6 to 8 eight-ounce glasses of water per day is a good goal to aim for. However, needs vary so be sure to know the factors that influence water needs.