

HOW MUCH
water
CAN YOU DRINK?

Water Goals for Kid's

MARK OFF EACH 8OZ GLASS CONSUMED

SUGGESTED
AGE CHART

AGE	8OZ CUPS	AGE	8OZ CUPS
1	1	6	6
2	2	7	7
3	3	8	8
4	4	9 & OLDER	8
5	5		

week of:

1 2 3 4 5 6 7 8

MON							
TUE							
WED							
THUR							
FRI							
SAT							
SUN							