

# PLAYBOOK

*the summer glow*

Whether you struggle with your water intake or do pretty well, this tracker is a helpful tool to use to **hold yourself accountable** while on the challenge. Print off enough for the week, and stick the tracker up somewhere visible such as the fridge or bathroom mirror.

## HOW TO GET STARTED

To use this water tracker, **set a daily hydration goal** based on your activity level and usual water consumption. Make note of each time you drink water by colouring in or marking an X over each water glass. Recording your mood for day and meals are also very helpful lifestyle habits to note.

## Monday

COMPLETED

YES / NO

WATER GOAL

LITRES

WATER INTAKE

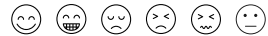


BREAKFAST

LUNCH

DINNER

MY MOOD TODAY



## Tuesday

COMPLETED

YES / NO

WATER GOAL

LITRES

WATER INTAKE

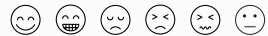


BREAKFAST

LUNCH

DINNER

MY MOOD TODAY



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## Wednesday

COMPLETED

YES / NO

WATER GOAL	LITRES
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WATER INTAKE

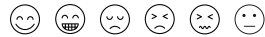


BREAKFAST
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LUNCH
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DINNER
--------

MY MOOD TODAY




## Thursday

COMPLETED

YES / NO

WATER GOAL	LITRES
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WATER INTAKE

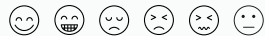


BREAKFAST
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LUNCH
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DINNER
--------

MY MOOD TODAY




## Friday

COMPLETED

YES / NO

WATER GOAL	LITRES
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WATER INTAKE



BREAKFAST
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LUNCH
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DINNER
--------

MY MOOD TODAY




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## Saturday

COMPLETED

YES / NO

WATER GOAL	LITRES
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WATER INTAKE

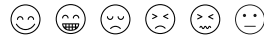


BREAKFAST
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LUNCH
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DINNER
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MY MOOD TODAY



☐ \_\_\_\_\_  
☐ \_\_\_\_\_  
☐ \_\_\_\_\_  
☐ \_\_\_\_\_

## Sunday

COMPLETED

YES / NO

WATER GOAL	LITRES
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WATER INTAKE

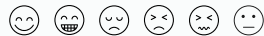


BREAKFAST
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LUNCH
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DINNER
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MY MOOD TODAY



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☐ \_\_\_\_\_  
☐ \_\_\_\_\_  
☐ \_\_\_\_\_

## After The Challenge

Once you have complete **a full week of hydrating**, it is helpful to record your experience from before you started until now. There are usually many notable shifts that participants see such as reduced cravings, more alertness, a flatter tummy and even weight loss.

REFLECTIONS: