

# Habit #1: DRINK HALF MY BODY WEIGHT IN OUNCES OF WATER DAILY

My Daily Goal: \_\_\_\_\_ Ounces/Day

Divide your body weight by 2 and input value on line. More instructions below!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

**INSTRUCTIONS: Fill in the dates based on your start date. Add a checkmark to the box when you reach your daily goal! You got this! If you don't reach your goal today, don't worry! Just add an "X" to the box and remember! Tomorrow is a new chance to reach your goal!**