



## Measure your liquid intake

Measure all the liquids you drink. Write the type and amount (in ounces) below. The first row is filled out as an example.

Your goal is to drink 2 liters (64 ounces) every day. 1 cup is equal to 8 ounces.

Date	Liquid Intake						Total
January 20	Decaf coffee	Water	Smoothie	Iced tea	Sports drink	Water	64 oz
	8 oz	12 oz	14 oz	12 oz	8 oz	10 oz	

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