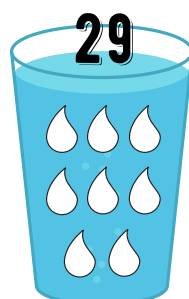
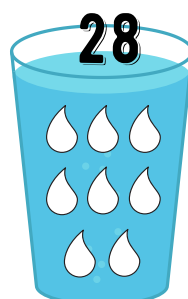
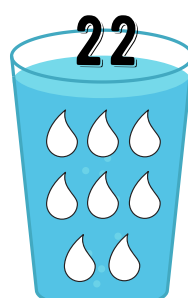
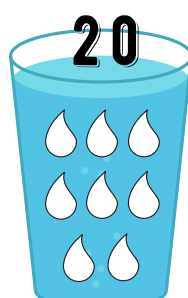
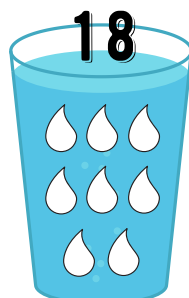
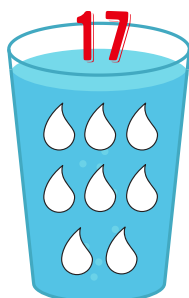
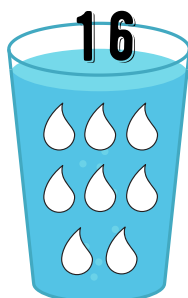
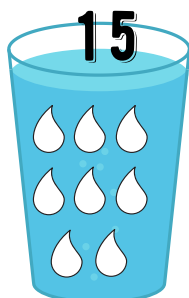
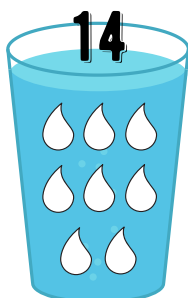
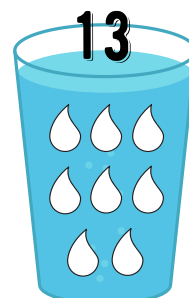
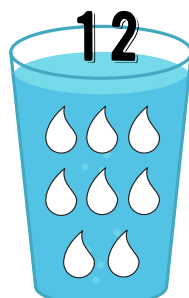
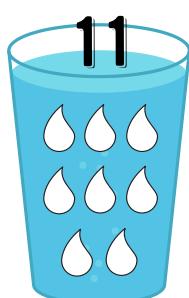
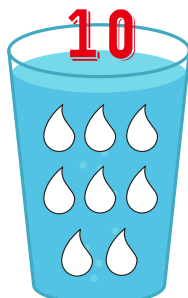
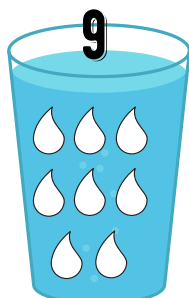
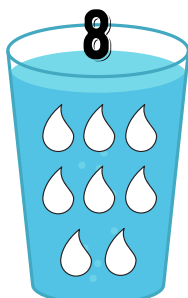
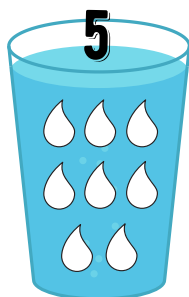
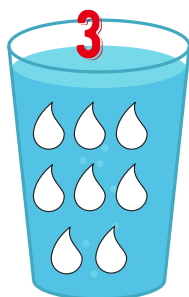
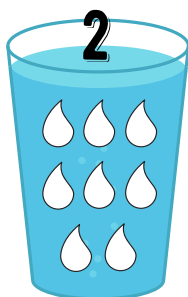


💧 Your Daily Hydration Log – One Drop at a Time!

Each day, aim to drink 8 cups of water – one drop for every cup!

- ✓ Color in or check off a drop every time you drink a cup.
 - ✓ Hit all 8? Celebrate and move to the next glass tomorrow!
 - ✓ Aim to complete all 31 glasses by the end of the challenge!
- Red dates mark the end of each weekly tracking period.



Need Help Hitting Your 8 Cups? **Try These Team-Tested Tips!**

1. Make It a Morning Ritual

Start your day with a tall glass of water before coffee or breakfast.
It's a quick win and sets the tone.

2. Anchor It to Daily Habits

Pair a glass of water with something you already do—like brushing your teeth, checking your phone, or clocking in at work.

3. Use a Water Buddy

Grab a teammate and check in each afternoon.
A simple “You hit your drops yet?” text goes a long way.

4. Don't Wait Until You're Thirsty

By the time you're thirsty, you're already a quart behind.
Stay ahead of it.

5. Keep Water in Sight

A clear bottle on your desk or counter = constant visual reminder.
Out of sight, out of mind.

6. Add Some Flavor

Fresh lemon, cucumber, or mint can break the monotony without adding sugar or calories.

7. Make It a Game

Race to finish 4 cups by lunch.
Then finish strong with 4 by dinner. You vs. You.

8. Use the Tracker as a Reset

Busy day? Don't quit—reset.
Even logging 4 cups is a win and keeps momentum going.