Name: _____

Date	Ounces							
	Wake Up	Before	Before	Before	Before	Before	After	Total Ounces - Notes
		10:00 AM	12 Noon	3:00 PM	Dinner	8:00 PM	8:00 PM	
Example: Monday, 8-5-13	16	12		16		16		60 ounces
								<u> </u>

Another option: Take 8 small pebbles and put them on your kitchen window sill. Each time you drink a glass of water, move a pebble from one side of the window sill to the other.