|  |  |  |  |
| --- | --- | --- | --- |
| **DAY:** | **AIM *(glasses of water for the day):*** | **ACTUAL *(glasses of water for the day):*** | **GOAL ACHIEVED:** |
| *e.g. Saturday* | I I I I I I I I | I I I I I I I I I I  | YES! |
| Monday |   |   |   |
| Tuesday |   |   |   |
| Wednesday |   |   |   |
| Thursday |   |   |   |
| Friday |   |   |   |
| Saturday |   |   |   |
| Sunday |   |   |   |