|  |  |  |  |
| --- | --- | --- | --- |
| **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 |  |  |  |