

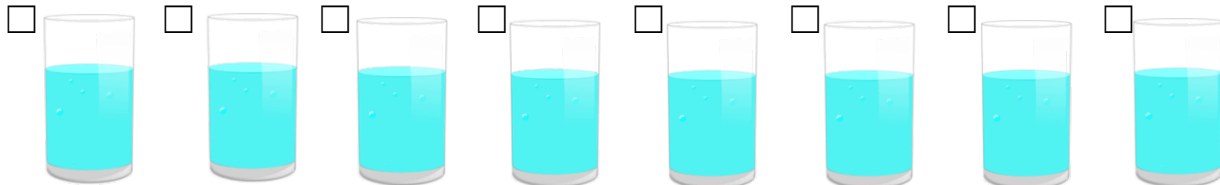


WORKING FOR A HEALTHIER TN



Water Tracker

MONDAY

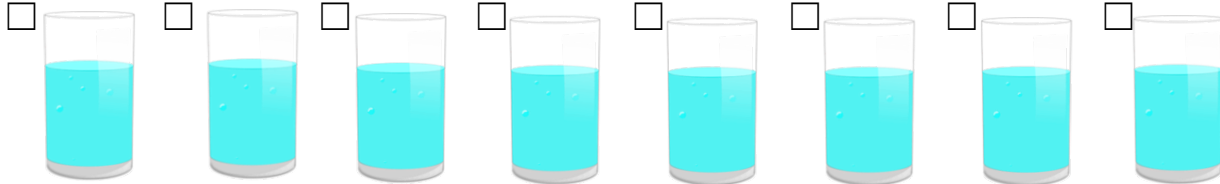


Total Daily Ounces

Ounces

8 ounces 16 ounces 24 ounces 32 ounces 40 ounces 48 ounces 56 ounces 64 ounces

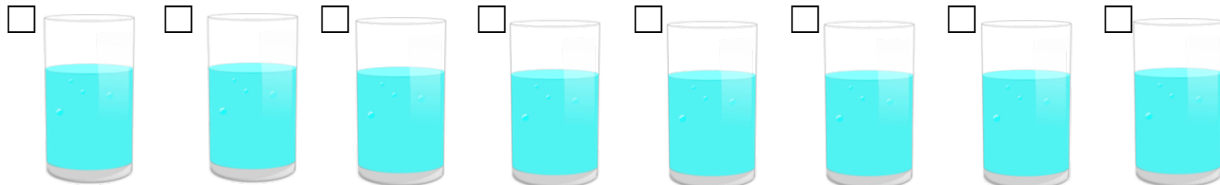
TUESDAY



Ounces

8 ounces 16 ounces 24 ounces 32 ounces 40 ounces 48 ounces 56 ounces 64 ounces

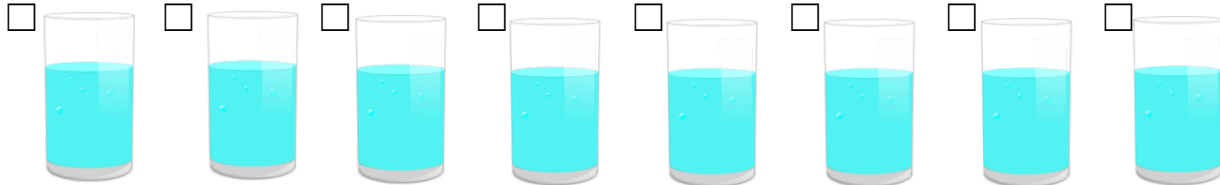
WEDNESDAY



Ounces

8 ounces 16 ounces 24 ounces 32 ounces 40 ounces 48 ounces 56 ounces 64 ounces

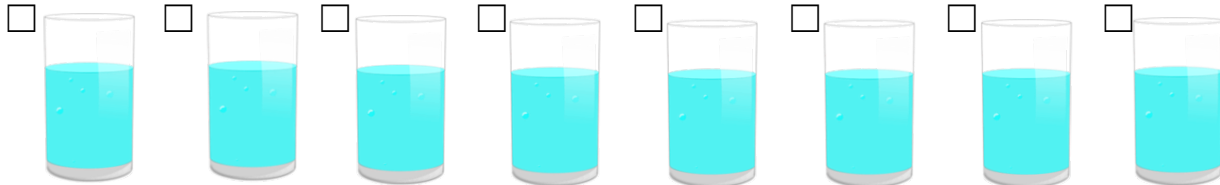
THURSDAY



Ounces

8 ounces 16 ounces 24 ounces 32 ounces 40 ounces 48 ounces 56 ounces 64 ounces

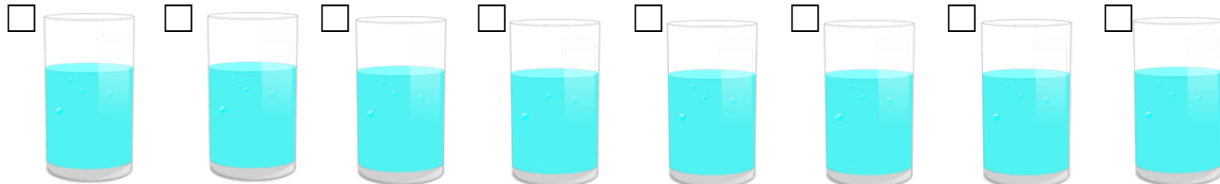
FRIDAY



Ounces

8 ounces 16 ounces 24 ounces 32 ounces 40 ounces 48 ounces 56 ounces 64 ounces

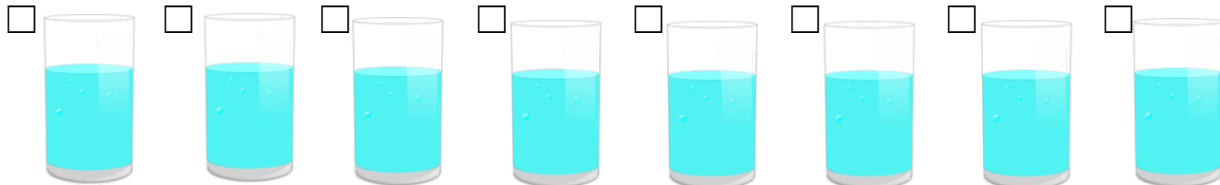
SATURDAY



Ounces

8 ounces 16 ounces 24 ounces 32 ounces 40 ounces 48 ounces 56 ounces 64 ounces

SUNDAY



Ounces

8 ounces 16 ounces 24 ounces 32 ounces 40 ounces 48 ounces 56 ounces 64 ounces

Staying hydrated is important in order to keep the body functioning properly. For generally healthy people, 6 to 8 eight-ounce glasses of water per day is a good goal to aim for. However, needs vary so be sure to know the [factors that influence water needs](#).