

Water Drinking Challenge



Individual Daily Intake Log

Name: _____

Location: _____

Team Name: _____

My Daily Water Intake Goal: _____ x 0.67 =
My Weight (lbs)

OZ

Weekly Intake Goal!
x 7 = OZ

| | MON | TUE | WED | THU | FRI | SAT | SUN | WEEKLY TOTAL |
|------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|--------------|
| WEEK ONE | 9 | 10 | 11 | 12 | 13 | 14 | 15 | Total: |
| | Total: _____oz | Total: _____oz | Total: _____oz | Total: _____oz | Total: _____oz | Total: _____oz | Total: _____oz | _____oz |
| WEEK TWO | 16 | 17 | 18 | 19 | 20 | 21 | 22 | Total: |
| | Total: _____oz | Total: _____oz | Total: _____oz | Total: _____oz | Total: _____oz | Total: _____oz | Total: _____oz | _____oz |
| WEEK THREE | 23 | 24 | 25 | 26 | 27 | 28 | 29 | Total: |
| | Total: _____oz | Total: _____oz | Total: _____oz | Total: _____oz | Total: _____oz | Total: _____oz | Total: _____oz | _____oz |

Stay Hydrated, Have Fun!

For Rules and More Info:
mokangoodwill.com/water-challenge



Water Drinking Challenge



Team Intake Log

Team Name: _____ Team Representative: _____

| Member Name: | Location: | Ounces (per week): | | |
|--------------|-----------|--------------------|-------|-------|
| _____ | _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ | _____ |

Team Total Week 1

Ounces

Team Total Week 2

Ounces

Team Total Week 3

Ounces

Final Team Total: