

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

	SUN	MON	TUE	WED	THU	FRI	SAT	WEEKLY TOTAL
WEEK ONE	18	19	20	21	22	23	24	Total:
	Total: _____ oz	Total: _____ oz	Total: _____ oz	Total: _____ oz	Total: _____ oz	Total: _____ oz	Total: _____ oz	_____ oz ____ % of goal ____ Points!
WEEK TWO	25	26	27	28	29	30	31	Total:
	Total: _____ oz	Total: _____ oz	Total: _____ oz	Total: _____ oz	Total: _____ oz	Total: _____ oz	Total: _____ oz	_____ oz ____ % of goal ____ Points!
WEEK THREE	1	2	3	4	5	6	7	Total:
	Total: _____ oz	Total: _____ oz	Total: _____ oz	Total: _____ oz	Total: _____ oz	Total: _____ oz	Total: _____ oz	_____ oz ____ % of goal ____ Points!

Point System:

100% - 75%	= 4 Points
74% - 50%	= 3 Points
49% - 25%	= 2 Points
24% - 0%	= 1 Point

Calculate Your Percentage:

$$\frac{\text{Weekly Total oz}}{\text{Weekly Intake Goal}} \times 100$$

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:	Points (per week):		
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

Team Total Week 1

Points

Team Total Week 2

Points

Team Total Week 3

Points

Point System:

100% - 75%	= 4 Points
74% - 50%	= 3 Points
49% - 25%	= 2 Points
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Final Team
Total:

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