

Hip2Keto

30-DAY KETO CHALLENGE

WATER INTAKE TRACKING

Fill in a water droplet each time you finish a glass of water.

YOU GOT THIS!

	DAILY MINIMUM	EXTRA		DAILY MINIMUM	EXTRA
MON, 2/3			TUES, 2/18		
TUES, 2/4			WEDS, 2/19		
WEDS, 2/5			THURS, 2/20		
THURS, 2/6			FRI, 2/21		
FRI, 2/7			SAT, 2/22		
SAT, 2/8			SUN, 2/23		
SUN, 2/9			MON, 2/24		
MON, 2/10			TUES, 2/25		
TUES, 2/11			WEDS, 2/26		
WEDS, 2/12			THURS, 2/27		
THURS, 2/13			FRI, 2/28		
FRI, 2/14			SAT, 2/29		
SAT, 2/15			SUN, 3/1		
SUN, 2/16			MON, 3/2		
MON, 2/17			TUES, 3/3		

WAY TO GO!