

# Stay Hydrated Progress Log Sheet and Guidelines



N • V • F • C  
**heart**healthy  
FIREFIGHTER

## Challenge Rules

1. Write in the date each time you consume six 8-ounce cups of water, or 48 ounces.
2. **Only water** can be counted toward your six cups.
3. You have successfully completed the challenge when you have consumed six 8-ounce cups of water on at least 20 days out of the month of July.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
___ / ___	___ / ___	___ / ___	___ / ___	___ / ___	___ / ___	___ / ___
						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
___ / ___	___ / ___	___ / ___	___ / ___	___ / ___	___ / ___	___ / ___
						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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