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Liquids Chart

Goal: drink ____ cups of liquid each day.

Use this chart to track liquids. Have your child cross off, or color in a cup each time they drink.

Day 1	 8 oz	 8 oz	 8 oz	 8 oz	 8 oz	 8 oz
Day 2	 8 oz	 8 oz	 8 oz	 8 oz	 8 oz	 8 oz
Day 3	 8 oz	 8 oz	 8 oz	 8 oz	 8 oz	 8 oz
Day 4	 8 oz	 8 oz	 8 oz	 8 oz	 8 oz	 8 oz
Day 5	 8 oz	 8 oz	 8 oz	 8 oz	 8 oz	 8 oz
Day 6	 8 oz	 8 oz	 8 oz	 8 oz	 8 oz	 8 oz
Day 7	 8 oz	 8 oz	 8 oz	 8 oz	 8 oz	 8 oz