

## Water Goals

I know you've got some big goals and water intake is going to be a huge part of reaching them. So, let's create a daily water goal for you to hit EVERY. Flippin'. Day.

### How much water?

To figure out how much water your body needs each day, complete the following;

Your current weight: \_\_\_\_\_ /2 = \_\_\_\_\_

This number is the ounces you will drink each day.

For example, if someone who weighs 200lbs will need to drink 100oz of water daily.

As your weight changes, you will re-evaluate this goal using the same equation.

**My water goal is:** \_\_\_\_\_ **ounces**

To figure out how many cups that is divide by eight. \_\_\_\_\_ oz /8 = \_\_\_\_\_ cups

Do you have a favourite water bottle? Do you feel like having one big jug with your whole daily goal in it will help? Bracelets or markers to keep track? A post it or note or your phone?

Describe two strategies you will use to hit this water goal every day:

1. \_\_\_\_\_
2. \_\_\_\_\_

