

# CHOOSE WATER

BUY A QUALITY WATER BOTTLE

DRINK WATER INSTEAD OF SODA

DRINK WATER BEFORE YOUR MEAL NOT AFTER

DRINK AT LEAST 32 OZ OF WATER PER DAY, 5 DAYS PER WEEK

Challenge lasts the month of July

**OK**Health

OKHealth is a program of OMES

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Oklahoma **HealthCare** Authority

























ChooseWell  
an OKHealth Wellness Program

# WATER TRACKING SHEET

Mark each glass of water consumed

 = 8 ounces of water consumed

MONTH \_\_\_\_\_

	Week 1 <input type="text"/>	Week 2 <input type="text"/>	Week 3 <input type="text"/>	Week 4 <input type="text"/>
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday	