

8 Glasses A Day

Checklist

Glasses	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1							
2							
3							
4							
5							
6							
7							
8							
More							

The average person should drink AT LEAST 8 large glasses of water a day. For every 25 pounds you'd like to lose, add on another 8-oz glass of water each day. If you drink more than 8 glasses in one day, add that many check marks to the "More" row.

Print off a copy of this checklist each week to help you make sure you're drinking enough water. For more information about drinking water and other weight loss tips, visit RealWeightLossInfo.com.