MY HEALTHY HABITS

My Water Tracker

Colour one drop for each part of your daily water goal.

Name: _____ **Week of:** _____

My daily water goal: _____ mL / cups / bottle refills

Each drop = one equal part of my goal (choose a goal with a parent).

MONDAY

Today I drank: _____



TUESDAY

Today I drank: _____



WEDNESDAY

Today I drank: _____



THURSDAY

Today I drank: _____



FRIDAY

Today I drank: _____



SATURDAY

Today I drank: _____



SUNDAY

Today I drank: _____



My water win this week: _____

Tip: A drop is a progress marker, not necessarily one glass of water.

GROWN-UP GUIDE

How to Use My Tracker

Simple steps to make water breaks a positive daily habit.

1. Choose a suitable goal

Decide on an appropriate daily water goal for your child. Needs vary by age, activity, food, health and weather.

2. Decide what each drop means

Divide that goal into eight equal parts. A drop represents progress toward the chosen goal, not automatically a full glass.

3. Colour as you go

After drinking water, colour in the matching portion of the day. You can use the same tracker for school days and weekends.

4. Celebrate consistency

Talk about how your child feels and notice small improvements. Do not pressure them to finish a set amount just to fill every drop.

Helpful reminders

- Offer water regularly, especially during active play and hot weather.
- Water-rich foods and other drinks can also contribute to fluid intake.
- Ask a healthcare professional about fluid goals if your child has a medical condition.

Small sips. Happy habits. Every day!