

Let's Move It!!!

**Challenge:
Water Challenge**

May 2019


tracking sheet

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Directions: Write your personal water drinking goal: _____
 The average person should consume 64 oz of water a day. Give yourself 5 points for every day you meet your personal water drinking goal. Tally your point the bottom box. Submit your May points on line by June 5th, at <https://rainier.tedk12.com//records, Monthly Challenge or e-mail Debby Webster>
Enter your points by June 5th to be entered in the prize drawing.

Total Points for the Month:

Name:

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