



Water Tracker



How many cups should you drink in a week?

Hydrated kids have better moods, more energy, and are less likely to get sick. To stay hydrated, kids aged 1-8 are recommended to drink their age in cups (8oz) of water every day—a 4-year-old should drink 4 cups per day, for instance. Have your little one color in a droplet every time they drink a cup to make sure they're getting enough to stay healthy and hydrated throughout the week!

Mon								
Tues								
Wed								
Thur								
Fri								
Sat								
Sun								