90 Day Fit 5 Fitness Challenge

Hydration Tracker

Circle how many bottles of water drank each day

Daily Goal: 5 bottles of water

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

Day 8

Day 9

Day 10

Day 11

Day 12

Day 13

Day 14

Day 15

Day 16

Day 17

Day 18

Day 19

Day 20

Day 21

Day 22

Day 23

Day 24

Day 25

Day 26

Day 27

Day 28

Day 29

Day 30

Day 31

Day 32

Special Olympics Maryland

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Day 33

Day 34

Day 35

Day 36

Day 37

Day 38

Day 39

Day 40

Day 41

Day 42

Day 43

Day 44

Day 45

Day 46

Day 47

Day 48

Day 49

Day 50

Day 51

Day 52

Day 53

Day 54

Day 55

Day 56

Day 57

Day 58

Day 59

Day 60

Day 61

Day 62

Day 63

Day 64

Day 65

Day 66

Day 67

Day 68

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Day 69 Day 70 Day 71 Day 72 Day 73 Day 74 Day 75 Day 76 Day 77 Day 78 Day 79 Day 80 Day 81 Day 82 Day 83 Day 84 Day 85

Day 86 Day 87 Day 88 Day 89 Day 90

Reflection: What are some ways to drink more water throughout the day?

Fit 5 Tip

Dehydration can happen if you lose too much water without drinking more, which can cause your body to not work as well. Dehydration of 1-2% of your body weight can decrease your sports performance

Special Olympics Maryland