



The Kidney Brothers are like a water treatment plant. They need water to function at their best. You need to drink **AT LEAST 6** glasses each day. Monitor your intake this week by drawing a circle around a glass each time you drink **WATER**. When it comes to quenching thirst and choosing a low calorie drink, nothing compares to H₂O! At the end of the week, answer the questions below.

MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



SATURDAY



SUNDAY



1. How many total glasses of water did you drink this week?
2. Do you feel that you drank enough water this week?
3. What day did you drink the least amount of water?
4. Why do you suppose that was?
5. One way to get the day started is to drink a glass of water first thing in the morning. Do you do that?
6. What else can you do as a regular habit to be sure you get enough water?