



# Monthly Motivators

# January

# 2024

## More Water



### GOAL:

Drink 64 ounces of water each day!

Use the calendar to keep track, and the tips provided to help you reach your goal!

S	M	T	W	T	F	S
	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			

### Tips for staying hydrated:

- Order water when dining out
- Carry a reusable water bottle at all times
- Pair other beverages with a glass of water
- Have a glass of water first thing in the morning
- Drink a cup of water before every meal or snack
- Infuse your water with fruit, vegetables, and herbs