

# Did You Drink Water Today?

Have fun logging your water count!

## Week 1

8 oz/8 glasses a day

Monday	.....	
Tuesday	.....	
Wednesday	.....	
Thursday	.....	
Friday	.....	
Saturday	.....	
Sunday	.....	

## Week 2

8 oz/8 glasses a day

Monday	.....	
Tuesday	.....	
Wednesday	.....	
Thursday	.....	
Friday	.....	
Saturday	.....	
Sunday	.....	

## Week 3

8 oz/8 glasses a day

Monday	.....	
Tuesday	.....	
Wednesday	.....	
Thursday	.....	
Friday	.....	
Saturday	.....	
Sunday	.....	

## Week 4

8 oz/8 glasses a day

Monday	.....	
Tuesday	.....	
Wednesday	.....	
Thursday	.....	
Friday	.....	
Saturday	.....	
Sunday	.....	

Contact your Pinnacle Home Care Clinician if you feel dehydrated.

- Not peeing or having very dark yellow pee.
- Very dry skin.
- Feeling dizzy.
- Rapid heartbeat.
- Rapid breathing.
- Sunken eyes.
- Sleepiness, lack of energy, confusion or irritability.
- Fainting.