



WATER LOG

One way to keep your water intake high is to make yourself accountable and log it in

	# of cups or ounces of water
SUNDAY	
MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
Weekly Average	

APPS TO TRACK YOUR WATER INTAKE

- **Water Reminder- Daily Tracker**
<https://apps.apple.com/us/app/water-reminder-daily-tracker/id1221965482>
- **My Water – Daily Water Tracker**
<https://apps.apple.com/us/app/my-water-daily-water-tracker/id1395390713>

MANY STRENGTHS. ONE MISSION.

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