



WorkWell NYC's

# Water Meter

Check off a water drop for each 8oz glass of water you drink!

How much water should you drink each day? In general, aim for eight 8oz glasses every day. Individual water needs can vary, however. Most importantly, if you feel thirsty, then you should hydrate! Check with your doctor if you have questions or concerns about how much water you should be drinking.

<b>MONDAY</b>								
<b>TUESDAY</b>								
<b>WEDNESDAY</b>								
<b>THURSDAY</b>								
<b>FRIDAY</b>								
<b>SATURDAY</b>								
<b>SUNDAY</b>								

### Healthy Hydration Tip!

Did you know that some foods contain a lot of water? Fruits like watermelon, strawberries, and cantaloupe as well as veggies like lettuce and celery are mostly water, giving you a healthy hydration bonus!



Share your hydration journey on Instagram! Post a picture of how you stay hydrated at work, outside, and on the go. Don't forget to tag @workwellnyc!

