**Task:** Are you drinking enough water throughout the day? Keep track of your water intake for 1 day.

How will your teacher know you completed the task?

* Screen capture app used to track water intake
* (if you do not have a device for an app) Fill out this chart on a separate document and submit.



|  |
| --- |
| Amount of water recommended for you: \_\_\_\_\_\_\_\_\_\_\_ |
| Amount of water  | TIme of day |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |

App Recommendations: (Not required to use)

* Hyriollo
* Plant Nanny
* Water Time Drink Tracker & Reminder