

Water Logged

Name _____

Directions

Over the next 24 hours, write down all the things you drink, including when you drank it, how much you drank, and what type of beverage it was.

Volume Conversions

1 cup	=	8 ounces
1 pint	=	2 cups
1 quart	=	2 pints
1 gallon	=	4 quarts

[illegible]

From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).