

# Monthly Water and Exercise Log



Month:	Water Goal:	Exercise Goal:	Notes:
Day 1	8 glasses		
Day 2	8 glasses		
Day 3	8 glasses		
Day 4	8 glasses		
Day 5	8 glasses		
Day 6	8 glasses		
Day 7	8 glasses		
Day 8	8 glasses		
Day 9	8 glasses		
Day 10	8 glasses		
Day 11	8 glasses		
Day 12	8 glasses		
Day 13	8 glasses		
Day 14	8 glasses		
Day 15	8 glasses		
Day 16	8 glasses		
Day 17	8 glasses		
Day 18	8 glasses		
Day 19	8 glasses		
Day 20	8 glasses		
Day 21	8 glasses		
Day 22	8 glasses		
Day 23	8 glasses		
Day 24	8 glasses		
Day 25	8 glasses		
Day 26	8 glasses		
Day 27	8 glasses		
Day 28	8 glasses		
Day 29	8 glasses		
Day 30	8 glasses		
Day 31	8 glasses		

**Monthly Rewards:**