

Lesson 6: Cells!

Hydration Challenge

Logging Activity
































































Teacher's Note: This activity could be done within the classroom setting for a few days, or sent home as homework to be done as a family activity-- or both!

Hydration Challenge!

How much water do you drink each day? Keeping your body hydrated is one of the most important ways to keep your body healthy. Your cells love it when you're hydrated!

Keep track of how much water you drink each day. Notice how you feel after a few days of increasing your water intake.

Color in each glass when you drink one 8 ounce glass of water.

| | | | | | | | | | | |
|-------|---|---|---|---|---|---|---|---|---|-------|
| Day 1 |  |  |  |  |  |  |  |  |  | Total |
| Day 2 |  |  |  |  |  |  |  |  |  | Total |
| Day 3 |  |  |  |  |  |  |  |  |  | Total |
| Day 4 |  |  |  |  |  |  |  |  |  | Total |
| Day 5 |  |  |  |  |  |  |  |  |  | Total |
| Day 6 |  |  |  |  |  |  |  |  |  | Total |
| Day 7 |  |  |  |  |  |  |  |  |  | Total |

Total glasses of water in one week: _____