



2024 Burst Your Thirst Challenge Tracking Sheet

	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Total
Week 1			June 3	June 4	June 5	June 6	June 7	
Water (Ounces)	---	---						
Activity Minutes	---	---						
Week 2	June 8	June 9	June 10	June 11	June 12	June 13	June 14	
Water (Ounces)								
Activity Minutes								
Week 3	June 15	June 16	June 17	June 18	June 19	June 20	June 21	
Water (Ounces)								
Activity Minutes								
Week 4	June 22	June 23	June 24	June 25	June 26	June 27	June 28	
Water (Ounces)								
Activity Minutes								

Don't forget! Go to www.livehealthyiowa.org to record your water intake (ounces) and activity minutes at least once each week!