



American Heart Association.

KIDS | **AMERICAN**
HEART | **HEART**
CHALLENGE™ | **CHALLENGE™**



WATER CHALLENGE!

Use this calendar to color in your heart when you have drunk 64 ounces of water that day!
Example: if you drink 64 ounces of water on the 1st of the month, then you will color in the heart labeled "1".

MONTH:

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



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Life's Essential 8™

→ **for kids**