

WATER INTAKE TRACKER

Weekly Hydration Goals & Monitoring

WEEK OF: _____
DAILY GOAL: _____ OZ / ML

DAY	DAILY PROGRESS (8OZ GLASSES)	TOTAL	GOAL MET
Monday		—	[]
Tuesday		—	[]
Wednesday		—	[]
Thursday		—	[]
Friday		—	[]
Saturday		—	[]
Sunday		—	[]

Weekly Reflections:

How do I feel this week? Energy levels, skin, focus...

Next Week's Adjustments:

Increase target? Better timing?