

DAILY HYDRATION LOG

Goal: 8+ Glasses (250ml / 8oz per box)

Week Starting: _____

DAY	WATER INTAKE (CHECK PER GLASS)	ENERGY LEVEL (1-5)
Monday		â—‹ â—‹ â—‹ â—‹ â—‹
Tuesday		â—‹ â—‹ â—‹ â—‹ â—‹
Wednesday		â—‹ â—‹ â—‹ â—‹ â—‹
Thursday		â—‹ â—‹ â—‹ â—‹ â—‹
Friday		â—‹ â—‹ â—‹ â—‹ â—‹
Saturday		â—‹ â—‹ â—‹ â—‹ â—‹
Sunday		â—‹ â—‹ â—‹ â—‹ â—‹

Weekly Reflections / Notes: