

WATER INTAKE TRACKER

Weekly Progress Log

Name: _____ Week Of: _____ Daily Goal: 8 Glasses (2L)

DAY	DAILY CHECKLIST (8OZ / 250ML PER GLASS)	TOTAL
Monday		_____
Tuesday		_____
Wednesday		_____
Thursday		_____
Friday		_____
Saturday		_____
Sunday		_____

Weekly Reflection / Notes: