

# DAILY WATER INTAKE

Hydration Goal: 8 Glasses (2L / 64oz) per day

Week Of: \_\_\_\_\_ Target Goal: \_\_\_\_\_

DAY	GLASSES (8OZ / 250ML EACH)	TOTAL
Monday		_____
Tuesday		_____
Wednesday		_____
Thursday		_____
Friday		_____
Saturday		_____
Sunday		_____

Notes / Weekly Reflections: