

# WEEKLY HYDRATION TRACKER

Week Of: \_\_\_\_\_

Daily Goal: \_\_\_\_\_ fl oz / ml

DAY	WATER INTAKE (8OZ UNITS)	GOAL MET
Monday		<input type="checkbox"/>
Tuesday		<input type="checkbox"/>
Wednesday		<input type="checkbox"/>
Thursday		<input type="checkbox"/>
Friday		<input type="checkbox"/>
Saturday		<input type="checkbox"/>
Sunday		<input type="checkbox"/>

WEEKLY REVIEW & NOTES