

# WATER INTAKE TRACKER

Date: \_\_\_\_\_

HOUR	TARGET (8OZ)	NOTES / ENERGY LEVEL
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07:00 AM

08:00 AM

09:00 AM

10:00 AM

11:00 AM

12:00 PM

01:00 PM

02:00 PM

03:00 PM

HOUR	TARGET (8OZ)	NOTES / ENERGY LEVEL
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04:00 PM

05:00 PM

06:00 PM

07:00 PM

08:00 PM

**DAILY GOAL:** \_\_\_\_\_ **OZ**

**TOTAL CONSUMED:** \_\_\_\_\_ **OZ**