

# MONTHLY WATER INTAKE

Target: 8 Glasses / 2L Per Day

Month: \_\_\_\_\_ Year: \_\_\_\_\_

DATE	DAILY PROGRESS (TICK/COLOR 1 GLASS = 250ML)	NOTES
------	---	-------

01

02

03

...

31

TOTAL DAYS MET TARGET: \_\_\_\_\_

AVERAGE DAILY INTAKE: \_\_\_\_\_

ENERGY LEVEL SCORE: \_\_\_\_\_