

Pregnancy Hydration Tracker

Week of: _____

Daily Goal: 8-10 glasses (approx. 2.3L)

Day	Water Intake (8oz / 250ml per unit)	Notes
Monday		<i>Line:</i> _____
Tuesday		<i>Line:</i> _____
Wednesday		<i>Line:</i> _____
Thursday		<i>Line:</i> _____
Friday		<i>Line:</i> _____
Saturday		<i>Line:</i> _____
Sunday		<i>Line:</i> _____

Tip: Proper hydration supports amniotic fluid levels and helps prevent common pregnancy discomforts. Color in a circle for every glass finished.