

PROFESSIONAL HYDRATION HABITS

Weekly Performance Tracking

NAME: _____ WEEK OF: _____ GOAL: _____
_____ OZ/DAY

DAY	DAILY INTAKE (8OZ UNITS)	FOCUS LEVEL
Monday		Low / Med / High
Tuesday		Low / Med / High
Wednesday		Low / Med / High
Thursday		Low / Med / High
Friday		Low / Med / High

WEEKLY REVIEW & COGNITIVE OBSERVATIONS

Optimal hydration supports cognitive function, sustained energy, and metabolic health.