

WEEKLY HYDRATION

Week Of: _____

DAY	DAILY INTAKE (8OZ / 250ML CUPS)	TOTAL
-----	---------------------------------	-------

Monday		_____
--------	--	-------

Tuesday		_____
---------	--	-------

Wednesday		_____
-----------	--	-------

Thursday		_____
----------	--	-------

Friday		_____
--------	--	-------

Saturday		_____
----------	--	-------

Sunday		_____
--------	--	-------

WEEKLY REFLECTION & NOTES