

# WATER INTAKE TRACKER

Target: 8-12 Glasses Per Day

Week Of: \_\_\_\_\_

Weight Goal: \_\_\_\_\_

DAY	DAILY PROGRESS (8OZ GLASSES)	TOTAL OZ
Monday		_____
Tuesday		_____
Wednesday		_____
Thursday		_____
Friday		_____
Saturday		_____
Sunday		_____

Daily Reflections & Energy Levels: