

WATER TRACKER

Hydration monitoring log

Week Of: _____
Daily Goal: _____ oz

DAY	INTAKE (8OZ UNITS)	TOTAL	ENERGY LEVEL
Monday		_____	
Tuesday		_____	
Wednesday		_____	
Thursday		_____	
Friday		_____	
Saturday		_____	

DAY	INTAKE (8OZ UNITS)	TOTAL	ENERGY LEVEL
Sunday		_____	

Weekly Reflection:
Quick Tips:

- Drink a glass immediately upon waking.
- Carry a reusable bottle everywhere.
- Eat water-rich foods (cucumber, melon).