

# WEEKLY HYDRATION TRACKER

Stay fueled. Stay hydrated.

WEEK OF: \_\_\_\_\_  
DAILY TARGET (OZ/L): \_\_\_\_\_

| DAY       | WATER INTAKE (8OZ / 250ML UNITS) | COMPLETED |
|-----------|----------------------------------|-----------|
| Monday    |                                  |           |
| Tuesday   |                                  |           |
| Wednesday |                                  |           |
| Thursday  |                                  |           |
| Friday    |                                  |           |
| Saturday  |                                  |           |
| Sunday    |                                  |           |

NOTES / PERFORMANCE REFLECTION: