

WEEKLY HYDRATION TRACKER

Name: _____ Week Starting: _____

DAY	DAILY GOAL	GLASSES (8OZ / 250ML)
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Monday	8 Glasses	
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Tuesday	8 Glasses	
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Wednesday	8 Glasses	
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Thursday	8 Glasses	
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Friday	8 Glasses	
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Saturday	8 Glasses	
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Sunday	8 Glasses	
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WEEKLY NOTES & REFLECTIONS