

# WATER INTAKE TRACKER

Month: \_\_\_\_\_ / Goal: \_\_\_\_\_ oz

| DAY | DAILY PROGRESS (8OZ PER GLASS) | TOTAL |
|-----|--------------------------------|-------|
| 01  |                                | _____ |
| 02  |                                | _____ |
| 03  |                                | _____ |
| 04  |                                | _____ |
| 05  |                                | _____ |

## MONTHLY REFLECTIONS & NOTES