

# DAILY HYDRATION TRACKER

Name: \_\_\_\_\_

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

| DAY       | DAILY<br>GOAL | GLASS/BOTTLE TALLY (8OZ UNITS) |
|-----------|---------------|--------------------------------|
| Monday    | 64 oz         |                                |
| Tuesday   | 64 oz         |                                |
| Wednesday | 64 oz         |                                |
| Thursday  | 64 oz         |                                |
| Friday    | 64 oz         |                                |

Weekly Notes / Energy Levels: