

WEEKLY HYDRATION TRACKER

Weight Loss Target: 8-10 Glasses Per Day

Week Of: _____
Weight Goal: _____

DAY	DAILY PROGRESS (8OZ / 250ML PER GLASS)	TOTAL
Monday		_____
Tuesday		_____
Wednesday		_____
Thursday		_____
Friday		_____
Saturday		_____
Sunday		_____

Notes / Energy Levels / Reflections: