

HYDRATION PROGRESS

Week Of: Goal: oz/ml

DAY	INTAKE TRACKER (8OZ / 250ML UNITS)	ENERGY (1-5)	NOTES
Monday		â—‹ â—‹ â—‹ â—‹ â—‹	
Tuesday		â—‹ â—‹ â—‹ â—‹ â—‹	
Wednesday		â—‹ â—‹ â—‹ â—‹ â—‹	
Thursday		â—‹ â—‹ â—‹ â—‹ â—‹	
Friday		â—‹ â—‹ â—‹ â—‹ â—‹	
Saturday		â—‹ â—‹ â—‹ â—‹ â—‹	
Sunday		â—‹ â—‹ â—‹ â—‹ â—‹	

HABIT REMINDERS

Glass upon waking

Water with meals

Carry reusable bottle

WEEKLY REFLECTION

SYMPTOMS TRACKER

Headaches

Dry Skin

Fatigue