

# DAILY HYDRATION TRACKER

Month/Year:

Daily Goal:

DAY	WATER INTAKE (8OZ / 250ML GLASSES)	STATUS
<b>Monday</b>		
<b>Tuesday</b>		
<b>Wednesday</b>		
<b>Thursday</b>		
<b>Friday</b>		
<b>Saturday</b>		
<b>Sunday</b>		

NOTES & OBSERVATIONS