

HYDRATION TRACKER

WEEK OF: _____

DAILY GOAL: _____ OZ

TARGET: 8 GLASSES/DAY

DAY	DAILY PROGRESS (TICK PER 8OZ / 250ML)	TOTAL
MONDAY		_____
TUESDAY		_____
WEDNESDAY		_____
THURSDAY		_____
FRIDAY		_____
SATURDAY		_____
SUNDAY		_____