

# OPTIMAL HYDRATION TRACKER

Week Of:  
Daily Goal (oz/ml):

DAY	INTAKE (8OZ / 250ML UNITS)	DAILY TOTAL	NOTES
Monday		_____	
Tuesday		_____	
Wednesday		_____	
Thursday		_____	
Friday		_____	
Saturday		_____	
Sunday		_____	

\* Recommended: 8-10 glasses daily Focus & Health & Performance