

# HYDRATION TRACKER

Weekly Healthy Water Intake Goal

WEEK OF:

DAILY TARGET (OZ/ML):

<b>Day</b>	<b>Target Met?</b>	<b>Glasses (8oz / 250ml)</b>
<b>Monday</b>	<input type="checkbox"/> Yes <input type="checkbox"/> No	
<b>Tuesday</b>	<input type="checkbox"/> Yes <input type="checkbox"/> No	
<b>Wednesday</b>	<input type="checkbox"/> Yes <input type="checkbox"/> No	
<b>Thursday</b>	<input type="checkbox"/> Yes <input type="checkbox"/> No	
<b>Friday</b>	<input type="checkbox"/> Yes <input type="checkbox"/> No	
<b>Saturday</b>	<input type="checkbox"/> Yes <input type="checkbox"/> No	
<b>Sunday</b>	<input type="checkbox"/> Yes <input type="checkbox"/> No	

WEEKLY REFLECTIONS / NOTES:

Health Tip: Try adding lemon or cucumber for natural flavor.