

HYDRATION SUCCESS TRACKER

Target: 8 Glasses (2L) Per Day

Week of: _____ Goal: _____ oz/ml

| Day | Daily Progress (Tick per 250ml / 8oz) | Daily Total |
|-----------|---------------------------------------|-------------|
| Monday | | |
| Tuesday | | |
| Wednesday | | |
| Thursday | | |
| Friday | | |
| Saturday | | |
| Sunday | | |

Weekly Reflection / Energy Levels: