

WEEKLY WATER INTAKE TRACKER

Week Of: _____
Daily Goal: _____ (oz/ml)

| DAY | INTAKE TRACKER (8OZ / 250ML PER BOX) | TOTAL |
|------------------|--------------------------------------|-------|
| Monday | | |
| Tuesday | | |
| Wednesday | | |
| Thursday | | |
| Friday | | |
| Saturday | | |
| Sunday | | |

Weekly Notes & Observations: