

DAILY HYDRATION TRACKER

Week Of: _____

Daily Goal: _____

DAY	DAILY INTAKE (8OZ / 250ML UNITS)	COMPLETED
Monday		<input type="checkbox"/>
Tuesday		<input type="checkbox"/>
Wednesday		<input type="checkbox"/>
Thursday		<input type="checkbox"/>
Friday		<input type="checkbox"/>
Saturday		<input type="checkbox"/>
Sunday		<input type="checkbox"/>

WEEKLY REFLECTION / NOTES