

PREGNANCY HYDRATION LOG

Week Number: _____

Due Date: _____

Weight: _____

DAY	DAILY INTAKE (8OZ GLASSES)	TOTAL OZ	NOTES / SYMPTOMS
Monday		_____	
Tuesday		_____	
Wednesday		_____	
Thursday		_____	
Friday		_____	
Saturday		_____	
Sunday		_____	

Weekly Hydration Goal: 80 - 100 oz per day **Weekly Average:** _____ oz