# 4-WEEK WATER TRACKER

*Daily Water Intake Tracker*

Free printable from myebooksbuy.com

# Words to Keep

*"Water is life; hydration is self-care."*

*"Keep the bottle in sight and the habit takes care of itself."*

*"Water intake tracking turns forgetfulness into a habit of health."*

# Week 1

| Day | G1 | G2 | G3 | G4 | G5 | G6 | G7 | G8 |
|---|---|---|---|---|---|---|---|---|
| Mon | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Tue | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Wed | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Thu | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Fri | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Sat | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Sun | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |

Tip: Add lemon or mint for taste

**Days I hit 8 glasses: ___ / 7**

**How I felt this week:**

_____

_____

# Week 2

| Day | G1 | G2 | G3 | G4 | G5 | G6 | G7 | G8 |
|---|---|---|---|---|---|---|---|---|
| Mon | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Tue | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Wed | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Thu | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Fri | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Sat | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Sun | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |

Tip: Drink a glass as soon as you wake up

**Days I hit 8 glasses: __ / 7**

**How I felt this week:**

_____

_____

# Week 3

| Day | G1 | G2 | G3 | G4 | G5 | G6 | G7 | G8 |
|---|---|---|---|---|---|---|---|---|
| Mon | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Tue | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Wed | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Thu | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Fri | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Sat | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Sun | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |

Tip: Drink a glass as soon as you wake up

**Days I hit 8 glasses: ___ / 7**

**How I felt this week:**

_____

_____

# Week 4

| Day | G1 | G2 | G3 | G4 | G5 | G6 | G7 | G8 |
|---|---|---|---|---|---|---|---|---|
| Mon | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Tue | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Wed | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Thu | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Fri | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Sat | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Sun | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |

Tip: Have a glass before every meal

**Days I hit 8 glasses: __ / 7**

**How I felt this week:**

_____

_____

# Monthly Summary

Week 1: average ___ / 8 glasses a day

Week 2: average ___ / 8 glasses a day

Week 3: average ___ / 8 glasses a day

Week 4: average ___ / 8 glasses a day

# About This Printable

**4-WEEK WATER TRACKER**

Free printable from myebooksbuy.com

Print as many copies as you like for personal, family or classroom use.

Please do not resell it.

**More free journals and planners: myebooksbuy.com/free-resources**