HYDRATION JOURNAL

Daily Water Intake Tracker

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Words to Keep

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

"Hydration is the simplest form of self-respect."

"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: Refill your bottle every time you finish a task

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: Add lemon or mint for taste

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: Add lemon or mint for taste

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: Drink a glass as soon as you wake up

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

HYDRATION JOURNAL

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