



Water Intake Tracker

A flexible 7-day tracker - set a goal that fits your needs, then record what you actually drink.

Week of: _____

My daily goal: _____ oz / mL

Bottle size: _____ oz / mL

WEEKLY TRACKER

Day	Morning	Midday	Afternoon	Evening	Daily Total
Monday	_____	_____	_____	_____	_____
Tuesday	_____	_____	_____	_____	_____
Wednesday	_____	_____	_____	_____	_____
Thursday	_____	_____	_____	_____	_____
Friday	_____	_____	_____	_____	_____
Saturday	_____	_____	_____	_____	_____
Sunday	_____	_____	_____	_____	_____

REFILL CHECK

If you use one reusable bottle, shade or check a circle each time you finish a bottle:



WEEKLY REFLECTION

Best hydration day: _____	Hardest time to remember: _____
What helped? _____	Next week's goal: _____

Remember: There is no single water target that is right for every person. Weather, activity, body size, food, other beverages, medications, and health conditions all affect fluid needs.