

HYDRATION TRACKER

SMALL SIPS. BIG IMPACT.
HYDRATE TODAY FOR A STRONGER TOMORROW.

HYDRATION
FUELS YOUR BODY,
SHARPENS YOUR
MIND, AND
SUPPORTS YOUR
EVERYDAY.



7-DAY HYDRATION TRACKER

MY DAILY HYDRATION GOAL: _____ (oz)

DAY	MORNING 6AM – 10AM	LATE MORNING 10AM – 1PM	AFTERNOON 1PM – 5PM	EVENING 5PM – 9PM	NIGHT 9PM – BEDTIME	TOTAL OZ (approx.)	HOW I FELT TODAY
MONDAY	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	_____ oz	😊 😐 😞
TUESDAY	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	_____ oz	😊 😐 😞
WEDNESDAY	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	_____ oz	😊 😐 😞
THURSDAY	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	_____ oz	😊 😐 😞
FRIDAY	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	_____ oz	😊 😐 😞
SATURDAY	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	_____ oz	😊 😐 😞
SUNDAY	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	_____ oz	😊 😐 😞



HYDRATION CHECK-IN

This week, I...

- ☐ Remembered to drink water throughout the day
- ☐ Drank water with my meals
- ☐ Carried my water bottle when it helped
- ☐ Drank more water when I felt thirsty
- ☐ Chose water over sugary drinks
- ☐ Made hydration a priority for my health



END-OF-WEEK REFLECTION



What helped me stay hydrated this week?



When was it hardest to remember water?



What can I try next week?



HYDRATION ISN'T ABOUT HITTING A **PERFECT NUMBER**.
PAY ATTENTION TO YOUR BODY, BUILD A ROUTINE,
AND KEEP SHOWING UP.

You've got this! 

