

8 Glasses of Water Tracker

Date: _____

Personal Goal: _____



8 fl oz



8 fl oz



8 fl oz



8 fl oz



8 fl oz



8 fl oz



8 fl oz



8 fl oz



8 glasses x 8 fl oz = 64 fl oz



This is a convenient format, but personal hydration needs vary.

Glasses Completed

Total fl oz

Notes