

Daily Water Intake Chart

Name: _____

Date: _____

DAILY GOAL	
oz _____	mL _____

TOTAL GOAL	
oz _____	mL _____

TIME	AMOUNT (oz / mL)	RUNNING TOTAL (oz / mL)	NOTES
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			

TOTAL WATER INTAKE	GOAL MET (circle one)	NOTES
oz _____ mL _____	 YES  NO	