



Daily Water Intake Chart



Name: _____

Date: _____

DAILY GOAL



Water Goal (cups):

_____ cups



Water Goal (oz):

_____ oz



Water Goal (mL):

_____ mL



DAILY WATER INTAKE TRACKER (Check off one box for each serving of water)

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WATER INTAKE LOG

Time	Amount
	cups / oz / mL
	cups / oz / mL
	cups / oz / mL
	cups / oz / mL
	cups / oz / mL
	cups / oz / mL
	cups / oz / mL
	cups / oz / mL
	cups / oz / mL



SUMMARY

Total Water Intake: _____ ☐ cups ☐ oz ☐ mL

Goal Met: ☐ Yes ☐ No

Notes:
