



DAILY WATER INTAKE CHART



NAME: _____

DATE: _____

DAILY HYDRATION GOAL: _____ CUPS (_____ OZ)

TIME OF DAY	 CHECK OFF ONE CUP EACH TIME YOU DRINK 
 7AM – 9AM MORNING	        
 10AM – 12PM LATE MORNING	        
 1PM – 3PM AFTERNOON	        
 4PM – 6PM LATE AFTERNOON	        
 7PM – 9PM EVENING	        
 9PM – BEDTIME NIGHT	        



TOTAL CUPS TODAY

_____ CUPS



TOTAL OUNCES TODAY

_____ OZ



HYDRATION TIP

Drink water consistently throughout the day. Small sips add up to big benefits!



NOTES (EXERCISE, WEATHER, HOW YOU FEEL, ETC.)
