

DAILY WATER INTAKE CHART

DATE: _____

DAILY GOAL: _____ oz / _____ ml

TIME	WATER INTAKE	AMOUNT
7:00 AM	       	_____ oz / _____ ml
9:00 AM	       	_____ oz / _____ ml
11:00 AM	       	_____ oz / _____ ml
1:00 PM	       	_____ oz / _____ ml
3:00 PM	       	_____ oz / _____ ml
5:00 PM	       	_____ oz / _____ ml
7:00 PM	       	_____ oz / _____ ml
9:00 PM	       	_____ oz / _____ ml

TOTAL INTAKE:

_____ oz / _____ ml

NOTES

.....

.....

.....



TIPS

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

