DAILY WATER INTAKE CHART

DATE: _____ DAILY GOAL: _____ oz / _____ ml

TIME	WATER INTAKE
7:00 AM	
9:00 AM	
11:00 AM	
1:00 PM	
3:00 PM	
5:00 PM	
7:00 PM	
9:00 PM	

TOTAL WATER INTAKE: _____ oz / _____ ml

NOTES