

Daily WATER INTAKE

CHART

DATE: _____

DAILY GOAL: _____ oz / _____ ml

TIME	WATER INTAKE							
8:00 AM								
10:00 AM								
12:00 PM								
2:00 PM								
4:00 PM								
6:00 PM								
8:00 PM								
10:00 PM								

TOTAL INTAKE: _____ oz / _____ ml

NOTES

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STAY HYDRATED, STAY HEALTHY!

Small sips all day = Big results.