

DAILY WATER INTAKE CHART

DATE: _____

DAILY GOAL: _____ oz / _____ ml

8:00 AM



9:00 AM



10:00 AM



11:00 AM



12:00 PM



1:00 PM



2:00 PM



3:00 PM



4:00 PM



5:00 PM



6:00 PM



7:00 PM



8:00 PM



9:00 PM



10:00 PM



GUIDE

 = 2 oz / 60 ml

 = 4 oz / 120 ml

 = 6 oz / 180 ml

 = 8 oz / 240 ml

TOTAL INTAKE



oz / _____ ml

NOTES



STAY HYDRATED. FEEL GREAT.

