# DAILY WATER INTAKE CHART

DATE: _____ DAILY GOAL: _____ oz / _____ ml

| TIME | WATER INTAKE | AMOUNT |
|---|---|---|
| 8:00 AM | | _____ oz / _____ ml |
| 10:00 AM | | _____ oz / _____ ml |
| 12:00 PM | | _____ oz / _____ ml |
| 2:00 PM | | _____ oz / _____ ml |
| 4:00 PM | | _____ oz / _____ ml |
| 6:00 PM | | _____ oz / _____ ml |
| 8:00 PM | | _____ oz / _____ ml |
| 10:00 PM | | _____ oz / _____ ml |

| TOTAL INTAKE | _____ oz / _____ ml |
|---|---|

NOTES

STAY HYDRATED, STAY HEALTHY!