



Daily Water Intake Chart



Date: _____

Daily Goal (glasses or fl oz): _____

Serving Size: _____



1. ☐



2. ☐



3. ☐



4. ☐



5. ☐



6. ☐



7. ☐



8. ☐



9. ☐



10. ☐



11. ☐



12. ☐

Use each glass to represent your usual serving size.

TOTAL GLASSES



NOTES:
