

Daily Water Intake Chart

Name: _____

Date: _____

Daily Goal: _____ oz | Starting Time: _____ | Ending Time: _____

TIME	WATER INTAKE (oz)	CHECK WHEN DONE	RUNNING TOTAL (oz)
7:00 AM	_____ oz	☐	_____ oz
8:00 AM	_____ oz	☐	_____ oz
9:00 AM	_____ oz	☐	_____ oz
10:00 AM	_____ oz	☐	_____ oz
11:00 AM	_____ oz	☐	_____ oz
12:00 PM	_____ oz	☐	_____ oz
1:00 PM	_____ oz	☐	_____ oz
2:00 PM	_____ oz	☐	_____ oz
3:00 PM	_____ oz	☐	_____ oz
4:00 PM	_____ oz	☐	_____ oz
5:00 PM	_____ oz	☐	_____ oz
6:00 PM	_____ oz	☐	_____ oz
7:00 PM	_____ oz	☐	_____ oz
8:00 PM	_____ oz	☐	_____ oz
9:00 PM	_____ oz	☐	_____ oz

TOTAL INTAKE	
	_____ OZ
% OF DAILY GOAL: _____ %	

NOTES



TIP: Stay consistent and hydrate throughout the day! 