

DAILY WATER INTAKE CHART

DATE: _____

DAILY GOAL: _____ oz / _____ ml

TIME	WATER INTAKE (oz / ml)									
8:00 AM										
10:00 AM										
12:00 PM										
2:00 PM										
4:00 PM										
6:00 PM										
8:00 PM										
10:00 PM										

HOW IT WORKS



Fill in one
cup for each
8 oz (240 ml)
of water
you drink.



TOTAL INTAKE: _____ oz / _____ ml

NOTES



DRINK WATER. STAY HYDRATED. FEEL GREAT.