

Daily Water Intake Chart



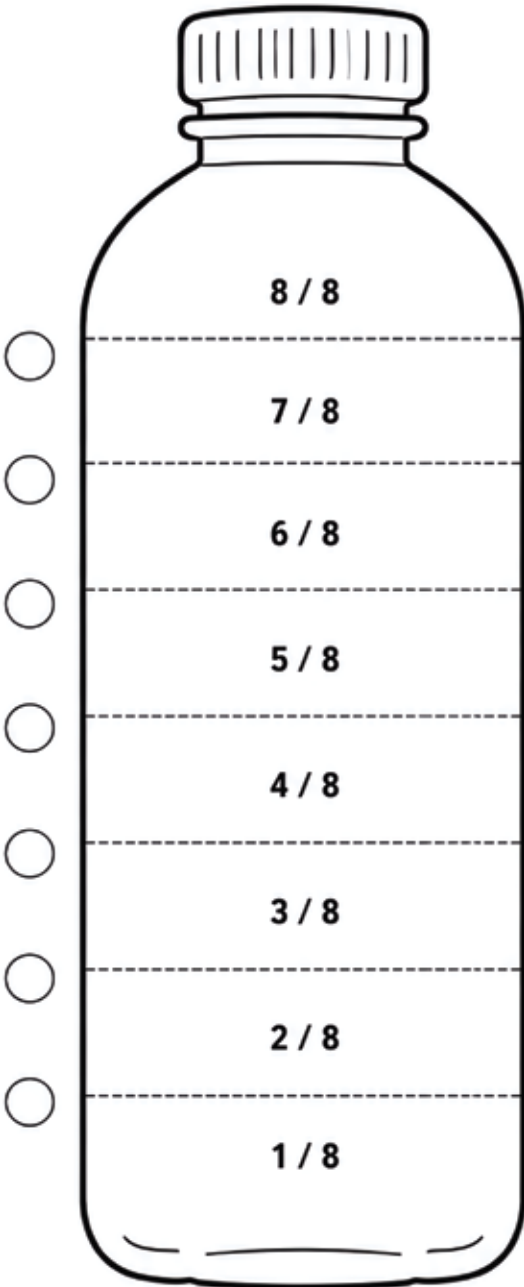
Name: _____

Date: _____

Daily Goal: _____ (oz)

Bottle Size: _____ (oz)

Total Goal: _____ (bottles)



Shade or check off each section as you drink. One section = one bottle.

Time	Refill Number	Amount (oz)	Notes

Total Intake: _____ (oz)

Goal Met:

☐

Yes

☐

No

Notes / Reflection: