

# Daily Water Intake Chart

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Daily Goal: \_\_\_\_\_ (oz)

Notes: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

## DAILY PROGRESS



1



2



3



4



5



6



7



8



9



10



11



12

## INTAKE LOG

| Time | Amount (oz) | Running Total (oz) |
|------|-------------|--------------------|
|      |             |                    |
|      |             |                    |
|      |             |                    |
|      |             |                    |
|      |             |                    |
|      |             |                    |
|      |             |                    |
|      |             |                    |
|      |             |                    |

## SUMMARY

|                                                                                                                              |                                                                                                                           |
|------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|
|  <b>Total Water Intake:</b><br>_____ (oz) |  <b>Tomorrow's Goal:</b><br>_____ (oz) |
|------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|