

Daily Water Intake Chart



Name: _____



Date: _____



Daily Goal: _____ (cups)

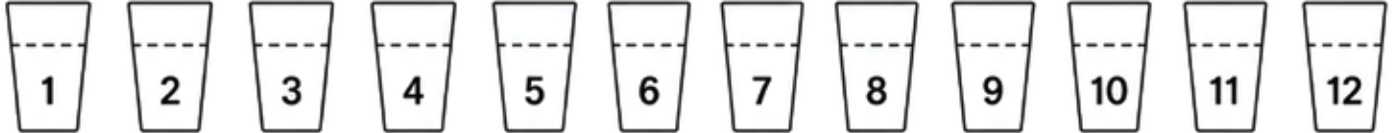


Wake-Up Time: _____



Bedtime: _____

TODAY'S PROGRESS



Shade in or check off each cup as you drink it.



MORNING

(Wake-Up – 11:59 AM)

TIME	AMOUNT	UNIT
:		☐ oz ☐ mL ☐ cup
:		☐ oz ☐ mL ☐ cup
:		☐ oz ☐ mL ☐ cup
:		☐ oz ☐ mL ☐ cup
:		☐ oz ☐ mL ☐ cup
:		☐ oz ☐ mL ☐ cup
:		☐ oz ☐ mL ☐ cup
:		☐ oz ☐ mL ☐ cup

SUBTOTAL: _____



AFTERNOON

(12:00 PM – 4:59 PM)

TIME	AMOUNT	UNIT
:		☐ oz ☐ mL ☐ cup
:		☐ oz ☐ mL ☐ cup
:		☐ oz ☐ mL ☐ cup
:		☐ oz ☐ mL ☐ cup
:		☐ oz ☐ mL ☐ cup
:		☐ oz ☐ mL ☐ cup
:		☐ oz ☐ mL ☐ cup
:		☐ oz ☐ mL ☐ cup

SUBTOTAL: _____



EVENING

(5:00 PM – Bedtime)

TIME	AMOUNT	UNIT
:		☐ oz ☐ mL ☐ cup
:		☐ oz ☐ mL ☐ cup
:		☐ oz ☐ mL ☐ cup
:		☐ oz ☐ mL ☐ cup
:		☐ oz ☐ mL ☐ cup
:		☐ oz ☐ mL ☐ cup
:		☐ oz ☐ mL ☐ cup
:		☐ oz ☐ mL ☐ cup

SUBTOTAL: _____



TOTAL CUPS

cups



TOTAL OZ

oz



TOTAL mL

mL



GOAL COMPLETED

☐ YES

☐ NO



NOTES

