



Daily Water Intake Chart



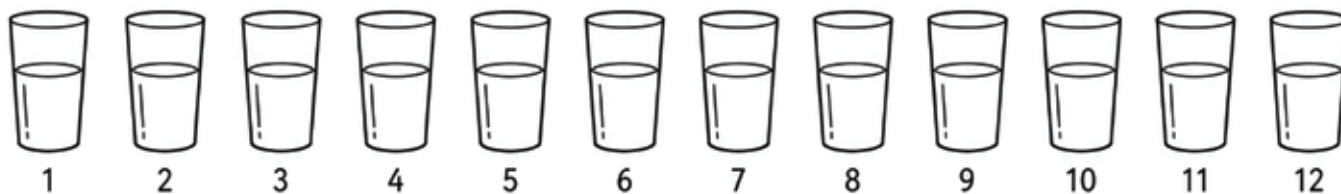
Name: _____

Daily Goal: _____ oz (_____ cups)

Date: _____ / _____ / _____
(MM) (DD) (YYYY)

Reward or Motivation: _____

≡ CHECK OFF EACH GLASS YOU DRINK ≡



1 glass = _____ oz (_____ ml)

TIME	AMOUNT DRUNK	UNIT (oz / ml / cups)	NOTES (optional)

TODAY'S TOTAL



_____ oz (_____ cups)

HOW I FELT

(circle one)



Great!



Good



Okay



Tired



Dehydrated

NOTES

