



Morning, Afternoon and Evening Water Chart



Date: _____

Daily Goal (fl oz): _____

 Morning	Section Goal (fl oz)	Actual Intake (fl oz)	Water Tracker (1 glass = _____ fl oz)	Notes
	_____ fl oz	_____ fl oz	Check one for each glass.	

 Afternoon	Section Goal (fl oz)	Actual Intake (fl oz)	Water Tracker (1 glass = _____ fl oz)	Notes
	_____ fl oz	_____ fl oz	Check one for each glass.	

 Evening	Section Goal (fl oz)	Actual Intake (fl oz)	Water Tracker (1 glass = _____ fl oz)	Notes
	_____ fl oz	_____ fl oz	Check one for each glass.	

Morning Total (fl oz)	Afternoon Total (fl oz)	Evening Total (fl oz)	Daily Total (fl oz)
 _____ fl oz	 _____ fl oz	 _____ fl oz	 _____ fl oz



Spread water throughout the day instead of catching up all at once.

