

Water Bottle Tracker

Date: _____ Bottle Capacity (fl oz): _____ Daily Goal (fl oz): _____



Refill 1

Time: _____

- ☐ Full
☐ Partial



Refill 2

Time: _____

- ☐ Full
☐ Partial



Refill 3

Time: _____

- ☐ Full
☐ Partial



Refill 4

Time: _____

- ☐ Full
☐ Partial



Refill 5

Time: _____

- ☐ Full
☐ Partial



Refill 6

Time: _____

- ☐ Full
☐ Partial



Refill 7

Time: _____

- ☐ Full
☐ Partial



Refill 8

Time: _____

- ☐ Full
☐ Partial



Total Intake = Bottle Capacity x Full Refills + Partial Amounts

Example: 24 fl oz x 5 full refills + 12 fl oz partials = 132 fl oz

Full Refills	Partial Amounts	Total fl oz	Goal Met
_____	_____	_____	☐ Yes
(bottles)	(fl oz)	(fl oz)	☐ No

♥ Hydrate. Feel Great. You've Got This! ♥