

Water Intake Tracker



Date

Daily Goal (fl oz)

Usual Cup or Bottle Size

Time	Drink	Amount (fl oz)	Running Total	Notes
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
11.				
12.				

Goal

_____ fl oz

Total Drank

_____ fl oz

Remaining

_____ fl oz

Goal Reached

☐ Yes

☐ No



Total Intake = add all servings