



Weekly Water Intake Tracker



Week Of: _____

Daily Goal (fl oz): _____

DAY	GOAL (fl oz)	ACTUAL INTAKE (fl oz)	MET GOAL (Yes / No)	NOTES	HABIT TRACKER
 MONDAY					☐
 TUESDAY					☐
 WEDNESDAY					☐
 THURSDAY					☐
 FRIDAY					☐
 SATURDAY					☐
 SUNDAY					☐

WEEKLY SUMMARY

DAYS GOAL MET (# of Days)	HIGHEST INTAKE (fl oz)	LOWEST INTAKE (fl oz)	AVERAGE DAILY INTAKE (fl oz)	WEEKLY NOTES



Small sips. Big impact. Keep going!