



WEEKLY WATER TRACKER

Stay hydrated. Stay energized. Stay well.

Instructions - Aim to drink water consistently throughout the day. Use this tracker to check off each glass you drink. Remember herbal tea counts and you can add fresh fruits or herbs to kick things up a notch!

Monday

Total: _____ cups

Tuesday

Total: _____ cups

Wednesday

Total: _____ cups

Thursday

Total: _____ cups

Friday

Total: _____ cups

Saturday

Total: _____ cups

Sunday

Total: _____ cups

Weekly Reflection: How did staying hydrated make you feel this week?
