

Water Tracker

Helpful Tips:

- ★ Start the morning with an 8 oz glass of water to rehydrate after sleeping
- ★ Coffee and tea count as part of your intake, but watch the sugar
- ★ Zero calorie beverages also count, but watch the artificial sweeteners
- ★ Dairy and non-dairy milks count
- ★ Keep your water glass/bottle close by or set an hourly drink reminder
- ★ Eating fresh fruits and vegetables help keep you hydrated

 = 8oz	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1							
Week 2							
Week 3							
Week 4							

