



Hydration Challenge Daily Tracker

Fill in a box for every 8 ounces of water you drink. Try to reach your daily hydration goal! As a rule of thumb, divide your weight (in pounds) in half, and try to drink at least that many ounces of water each day.

Daily Goal: _____

Day 1

ounces	8	8	8	8	8	8	8	8	8	8
	8	8	8	8	8	8	8	8	8	8

Notes:

Day 2

ounces	8	8	8	8	8	8	8	8	8
	8	8	8	8	8	8	8	8	8

Notes:

Day 3

ounces	8	8	8	8	8	8	8	8	8
	8	8	8	8	8	8	8	8	8

MID-WEEK CHECK IN

How I'm feeling:

What's going well:

Barriers to getting enough water:

Ideas for overcoming those barriers:

Day 4

ounces	8	8	8	8	8	8	8	8	8
	8	8	8	8	8	8	8	8	8

Notes:

Day 5

ounces	8	8	8	8	8	8	8	8	8
	8	8	8	8	8	8	8	8	8

Notes:

Day 6

ounces	8	8	8	8	8	8	8	8	8
	8	8	8	8	8	8	8	8	8

Notes:

Day 7

ounces	8	8	8	8	8	8	8	8	8
	8	8	8	8	8	8	8	8	8

FINAL CHECK-IN

How I'm feeling:

Ideas for continuing to hydrate after today: