

💧 Daily Hydration Tracker

Use this tracker to stay on top of your hydration goals. Tick off each glass as you go.

Time Slot	Target (ml)	Glasses Drunk	Tick (☐)	Notes
7-9 AM	250		<input type="checkbox"/>	
9-11 AM	250		<input type="checkbox"/>	
11-1 PM	250		<input type="checkbox"/>	
1-3 PM	250		<input type="checkbox"/>	
3-5 PM	250		<input type="checkbox"/>	
5-7 PM	250		<input type="checkbox"/>	
7-9 PM	250		<input type="checkbox"/>	
9-11 PM	250		<input type="checkbox"/>	
Total	2000		<input type="checkbox"/>	

✓ Tip: Aim for around 8 glasses (about 2 liters) a day. Adjust based on your needs, activity level, and environment.

💧 Daily Hydration Tracker

Use this tracker to stay on top of your hydration goals. Tick off each glass as you go.

Time Slot	Target (ml)	Glasses Drunk	Tick (☐)	Notes
7-9 AM	250		<input type="checkbox"/>	
9-11 AM	250		<input type="checkbox"/>	
11-1 PM	250		<input type="checkbox"/>	
1-3 PM	250		<input type="checkbox"/>	
3-5 PM	250		<input type="checkbox"/>	
5-7 PM	250		<input type="checkbox"/>	
7-9 PM	250		<input type="checkbox"/>	
9-11 PM	250		<input type="checkbox"/>	
Total	2000		<input type="checkbox"/>	

✓ Tip: Aim for around 8 glasses (about 2 liters) a day. Adjust based on your needs, activity level, and environment.

💧 Daily Hydration Tracker

Use this tracker to stay on top of your hydration goals. Tick off each glass as you go.

Time Slot	Target (ml)	Glasses Drunk	Tick (☐)	Notes
7-9 AM	250		<input type="checkbox"/>	
9-11 AM	250		<input type="checkbox"/>	
11-1 PM	250		<input type="checkbox"/>	
1-3 PM	250		<input type="checkbox"/>	
3-5 PM	250		<input type="checkbox"/>	
5-7 PM	250		<input type="checkbox"/>	
7-9 PM	250		<input type="checkbox"/>	
9-11 PM	250		<input type="checkbox"/>	
Total	2000		<input type="checkbox"/>	

✓ Tip: Aim for around 8 glasses (about 2 liters) a day. Adjust based on your needs, activity level, and environment.