Track your water intake across the weeks. Aim for consistency each day by ticking off each glass of water you drink. Use this simple, black-and-white hydration log to stay accountable and build a healthy habit.

Day	Glass 1	Glass 2	Glass 3	Glass 4	Glass 5	Glass 6	Glass 7	Glass 8	Total
	Glass 1	Glass Z	Glass 5	Glass 4	Glass 5	Glass o	Glass /	Glass o	Total
Monday									
Tuesday									
Wednesday									
Thursday									
Friday									
Saturday									
Sunday									
Day	Glass 1	Glass 2	Glass 3	Glass 4	Glass 5	Glass 6	Glass 7	Glass 8	Total
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Tuesday									
Wednesday									
Thursday									
Friday									
Saturday									1
Sunday									
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Day	Glass 1	Glass 2	Glass 3	Glass 4	Glass 5	Glass 6	Glass 7	Glass 8	Total
Monday									
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Day	Glass 1	Glass 2	Glass 3	Glass 4	Glass 5	Glass 6	Glass 7	Glass 8	Total
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Day	Glass 1	Glass 2	Glass 3	Glass 4	Glass 5	Glass 6	Glass 7	Glass 8	Total
Monday									1
Tuesday									<u> </u>
Wednesday									1
Thursday									ļ
Friday									
Saturday									

Tip: Each glass represents approximately 250ml. Adjust to suit your own hydration needs and activity levels.

Sunday