



# Weekly Hydration Tracker

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
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
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
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
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
Monday									
Tuesday									
Wednesday									
Thursday									
Friday									
Saturday									
Sunday									

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