



Hydration Tracker

week of: _____

Use this sheet as your daily hydration reminder, and track your fluid intake (in fluid ounces or liters) every 6 hours over a 24-hour period

S	12:00 AM - 5:00 AM _____ fl. oz. / L	6:00 AM - 11:00 AM _____ fl. oz. / L	12:00 PM - 5:00 PM _____ fl. oz. / L	6:00 PM - 11:00 PM _____ fl. oz. / L	Total Intake
M	12:00 AM - 5:00 AM _____ fl. oz. / L	6:00 AM - 11:00 AM _____ fl. oz. / L	12:00 PM - 5:00 PM _____ fl. oz. / L	6:00 PM - 11:00 PM _____ fl. oz. / L	Total Intake
T	12:00 AM - 5:00 AM _____ fl. oz. / L	6:00 AM - 11:00 AM _____ fl. oz. / L	12:00 PM - 5:00 PM _____ fl. oz. / L	6:00 PM - 11:00 PM _____ fl. oz. / L	Total Intake
W	12:00 AM - 5:00 AM _____ fl. oz. / L	6:00 AM - 11:00 AM _____ fl. oz. / L	12:00 PM - 5:00 PM _____ fl. oz. / L	6:00 PM - 11:00 PM _____ fl. oz. / L	Total Intake
TH	12:00 AM - 5:00 AM _____ fl. oz. / L	6:00 AM - 11:00 AM _____ fl. oz. / L	12:00 PM - 5:00 PM _____ fl. oz. / L	6:00 PM - 11:00 PM _____ fl. oz. / L	Total Intake
F	12:00 AM - 5:00 AM _____ fl. oz. / L	6:00 AM - 11:00 AM _____ fl. oz. / L	12:00 PM - 5:00 PM _____ fl. oz. / L	6:00 PM - 11:00 PM _____ fl. oz. / L	Total Intake
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