



MY HYDRATION TRACKER

Sip Sip Hooray! This month, sip your way to a healthier and happier mind, body, and spirit. Aim for half your weight in ounces each day.

My Hydration Target and Wellness Goals: _____

WEEK ONE



_____ OZ.



_____ OZ.



_____ OZ.



_____ OZ.



_____ OZ.



_____ OZ.



_____ OZ.

WEEK TWO



_____ OZ.



_____ OZ.



_____ OZ.



_____ OZ.



_____ OZ.



_____ OZ.



_____ OZ.

WEEK THREE



_____ OZ.



_____ OZ.



_____ OZ.



_____ OZ.



_____ OZ.



_____ OZ.



_____ OZ.

WEEK FOUR



_____ OZ.



_____ OZ.



_____ OZ.



_____ OZ.



_____ OZ.



_____ OZ.



_____ OZ.