

# Weekly WATER INTAKE

WEEK OF : \_\_\_\_\_

8 oz. per glass

Monday



Total Glass \_\_\_\_\_

Tuesday



Total Glass \_\_\_\_\_

Wednesday



Total Glass \_\_\_\_\_

Thursday



Total Glass \_\_\_\_\_

Friday



Total Glass \_\_\_\_\_

Saturday



Total Glass \_\_\_\_\_

Sunday



Total Glass \_\_\_\_\_

GOAL : \_\_\_\_\_

TOTAL : \_\_\_\_\_