



CFP

CARTER FAMILY PRACTICE
MODERN MEDICINE,
CLASSIC CARE

WATER INTAKE LOG



Free printable tools to help you understand your health, recognize patterns, and make every appointment more meaningful.

Modern devices collect data. Classic tracking tells the story.

Smart watches, water bottles, and health apps are wonderful tools. Our Health Logs are designed to work alongside those technologies, giving you a simple place to build healthy habits, notice patterns, and feel your best. Together, they help you and your healthcare provider see the bigger picture.



Data is important.
Understanding is
what improves health.

*Modern Medicine,
Classic Care.*



Month / Year: _____



My Daily Water Goal: _____ oz



My "Why I'm Tracking": _____



TIPS FOR DRINKING MORE WATER



Start your day with a glass of water.



Keep a bottle where you can see it.



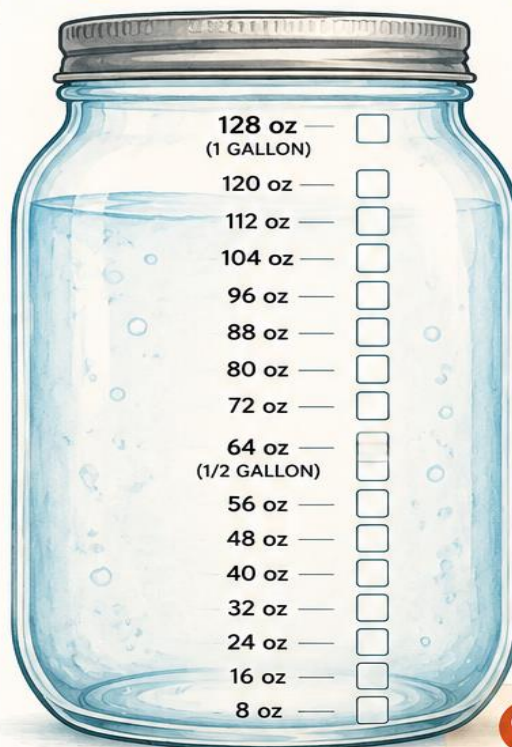
Add lemon, cucumber, or fruit if plain water is hard.



Drink a little more when it's hot or you're active.



Watch for patterns in how you feel.



HOW ARE YOU FEELING TODAY?

Circle all that apply



Energized



Headache



Tired



Dizzy



Dry mouth



Less cravings



Normal



NOTES:



QUESTIONS ABOUT YOUR HYDRATION?

Karen is here to help.

Looking for patterns is more helpful than focusing on a single day. If you have questions about your water intake or how it affects how you feel, reach out to Karen.



407-867-1758



karencorner@carter-familypractice.com



Call 911 for confusion, fainting, severe weakness, chest pain, or another medical emergency.



Thank you for taking an active role in your health.



Modern Medicine, Classic Care.