

# Your hydration tracker



Use this hydration tracker to monitor the amount of fluids drank each day

## Example



Colour in each cup for the amount drank throughout a day. You can colour in a quarter of a cup, half or full cup.

**Week 1 - Date:**    /    /

Monday



Tuesday



Wednesday



Thursday



Friday



Saturday



Sunday



**Week 2 - Date:**    /    /

Monday



Tuesday



Wednesday



Thursday



Friday



Saturday












































Sunday



























It is recommended to have at least 6-8 cups or 1.8-2.4L of fluid per day. If you are drinking 8 cups per day, aim for approximately 225ml-300ml of fluid per cup/glass. This is intended to act as a guide and volume of fluid can be adjusted accordingly if opting for more or less cups.

**Week 3 - Date:    /    /**

Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								

**Week 4 - Date:    /    /**

Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								

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