

# Daily Water Intake Tracker

Stay Hydrated, Stay Healthy!

Proper hydration is key to energy, metabolism, clear skin, and overall health. This print-optimized tracker will help you monitor your daily water intake with motivational prompts for each glass.

Print This Tracker

## Daily Water Intake Tracker

Your path to hydration & wellness

Date: \_\_\_\_\_

Daily Goal: 8 glasses

1

Rise and shine!  
Start your day with hydration.



2

Boosting your metabolism with every sip!



3

Hydrated skin is happy skin. You're glowing!



4

Halfway there! Your body thanks you.



5

Reducing cravings, one glass at a time!



6

Feel your energy increase with proper hydration.



7

Almost to your goal! Your organs love you for this.



8

You did it! Feeling amazing and well-hydrated!



9

Bonus hydration! Extra points for your health.



10

Super hydrator! Your body is loving this extra care.



### Daily Hydration Checklist

☐ Drink water first thing in morning

☐ Keep water bottle with you

☐ Drink before each meal

☐ Add natural flavors (lemon, etc.)

☐ Herbal tea counts toward goal

☐ Set hydration reminders

## Weekly Progress Tracker

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## Today's Hydration Notes:

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### Benefits of Proper Hydration

- Boosts metabolism up to 30%
- Reduces bloating & water retention
- Improves skin clarity & elasticity
- Enhances digestion & nutrient absorption
- Reduces hunger & helps control cravings
- Improves energy levels & focus

### Hydration Tips

- Drink 2 cups water before each meal
- Add natural flavors (lemon, berries, cucumber)
- Set phone reminders every 1-2 hours
- Drink a full glass whenever entering kitchen
- Keep a water bottle at your desk, car & bedside
- If breastfeeding, add 2-3 extra glasses daily

*Remember: Your body is about 60% water. Staying properly hydrated affects everything from your mood to your metabolism!*