

# Daily Water Intake Tracker

## Instructions:

Use this worksheet to record the number of ounces of water you drink per day.

Day	oz	oz	oz	oz	oz	oz	oz	oz	oz	oz	oz	oz	Total
Day 1													
Day 2													
Day 3													
Day 4													
Day 5													
Day 6													
Day 7													
Day 8													
Day 9													
Day 10													
Day 11													
Day 12													
Day 13													
Day 14													

Total  
Average

Notes and Observations: