

Hydration Tracker

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

Day 15

Day 16

Day 17

Day 18

Day 19

Day 20

Day 21

Day 22

Day 23

Day 24

Day 25

Day 26

Day 27

Day 28

Day 29

Day 30

Day 31

Just remember 8x8.

The recommended amount of water a day is eight 8-ounce glasses.

Your goal is to drink eight 8-ounce glasses of water each day. For every glass you drink, mark off a circle for that day.



TULSA HEALTH
Department
School Health Program