Use this tracker to monitor hydration

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 1 - Date: __/_/__

Monday	Λ			
Tuesday	Λ		Λ	
Wednesday	Λ	Λ	Λ	
Thursday	T	Λ	Λ	
Friday	<u></u>		<u></u>	
Saturday	T		Λ	Λ
Sunday				

Week 3 - Date: __/_/

Monday		Λ	Λ	Λ	Λ	Λ	Λ	
Tuesday		Λ	$\overline{\Lambda}$	Λ	Λ	T	T	
Wednesday		Λ	Λ	Λ	Λ	Λ	T	
Thursday		T	T	T	Λ	Λ	T	
Friday		Λ	Λ	Λ	Λ	Λ	Λ	
Saturday		Λ	T	T	Λ	T	T	
Sunday			$\overline{\Lambda}$		$\overline{\Lambda}$	$\overline{\Lambda}$	X	

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.

Friday

300ml glass



Week 2 - Date: / /

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Week 4 - Date: __/_/___

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	