

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	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Week 3 - Date: ___ / ___ / ___

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

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	