HYDRATION TRACKING LOG

Track your liquid intake for 14 days, using this chart. Remember: Never drink large amounts of water at one time.

MORNING: Mark each box with Water, Herbal Tea, Broth, Coffee, Alcohol, Other

	7am	8am	9am	10am	11am	12am
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						

AFTERNOON: Mark each box with Water, Herbal Tea, Broth, Coffee, Alcohol, Other

	1pm	2pm	3pm	4pm	5pm	6pm
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						