

# Water Intake Tracker

Track your daily water intake. Mark each glass throughout the day to stay hydrated. A glass of water equals 250 milliliters (0.25 liters). So, one liter of water equals 4 ordinary glasses.

WEEK



MONDAY

Daily Goal:

Result:



TUESDAY

Daily Goal:

Result:



WEDNESDAY

Daily Goal:

Result:



THURSDAY

Daily Goal:

Result:



FRIDAY

Daily Goal:

Result:



SATURDAY

Daily Goal:

Result:



SUNDAY

Daily Goal:

Result:

