

• Each colored square = oz.

NOTES



weekly water tracker

Each colored square = ____ oz.



WEEK 1:							
WEEK 2:							
WEEK 3:							
WEEK 4:							
WEEK 5:							
WEEK 6:							
WEEK 7:							
WEEK 8:							
WEEK 9:							
WEEK 10:							
WEEK 11:							
WEEK 12:							

NOTES

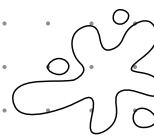
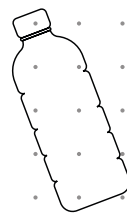


monthly water tracker

Each colored square = ____ oz.



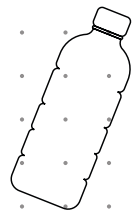
NOTES



DRINK



UP



buttercup!



Each colored square = oz.

NOTES