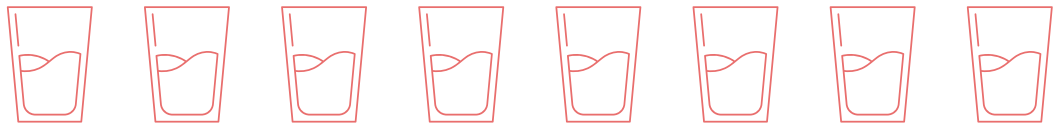


Daily Hydration Tracker

Aim for 6–8 cups of fluid every day!

DAY 1



DAY 2



DAY 3



DAY 4



DAY 5



DAY 6



DAY 7



What counts as a cup?

Water | Tea or coffee | Squash or diluted juice | Milk | Soup or broth | Herbal tea

