

Water Tracker



For every 16 ounce cup/bottle of water you drink, cross out a cup of water for that day.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	88 888 888	4 4 4 4 4	44 444	<u>аа</u> ааа	44 444	88 888 888	44 444
Week 2	88 888	4 4 4 4 4	2	4 4 4 4 4	4 4 4 4 4	2	44 444
Week 3	88 888	4 4 4 4 4	44 444	4 4 4 4 4	4 4 4 4 4	2	44 444
Week 4	4 4 4 4 4	4 4 4 4 4	22 222	22 222	22 222	2 2 2 2 2	44 444
Week 5	88 888 888	2 4 9 4 4	22 222	22 222	44 444	2 4 4 4 4	22 222

