

Name _____

My Daily Water Tracker

How much water do you drink? Fill in the water bottles with the ounces you drink each day. See the chart below to find your daily goal!



Day 1

Day 2

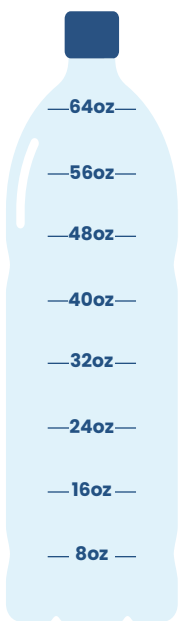
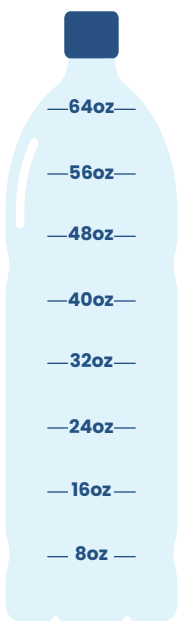
Day 3

Day 4

Day 5

Day 6

Day 7



Hydration Goals

Age:

1 year
2 years
3 years
4 years
5 years
6 years
7 years
8+ years

Ounces:

8 oz
16 oz
24 oz
32 oz
40 oz
48 oz
56 oz
64 oz

Hydration Tips

- Add flavor to your water by adding fruit (fresh or frozen!)
- Invest in a reusable water bottle for drinks on the go
- Include a fun straw
- Drink a cup of water before every meal
- Try fun shaped ice cube trays