



# Drink Up! Daily Water Intake for Women

Track your water daily water consumption with this water intake log to ensure you're hitting your hydration goals.

Reminder: it's recommended that men drink about 15.5 cups of water each day!



= 1 cup of water



= 1/2 cup of water

WEEK OF: \_\_\_\_\_

SUN	MON	TUE	WED	THU	FRI	SAT