— Dr	rink Up	! Daily	Water	[,] Intake	e for M	en —				
Drink Up! Daily Water Intake for Men 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										
WEEK OF:										
SUN	MON	TUE	WED	THU	FRI	SAT				
		\Box	$\overline{}$	\Box	\Box					
	\Box	Π				$\overline{}$				
\square	Π	\square		\square						
Π	Π	Π	Π	Π	Π	7				
		M	M	M	M					
\Box	\Box	Π	$\overline{}$	\Box	\Box	\Box				
\Box	\Box	\Box		\Box	\Box					
\square	Π	Π		\square						
Π	M	Ħ	\overline{m}	\square	\square	\overline{m}				
	M									
everlywell										

 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 $\int = \frac{1}{2}$ cup of water										
SUN	MON	WEEK OF: _	WED	THU	FRI	SAT				