# Water Intake Journal

*A 30-Day Guided Journal*

*Tracker*

Created with LoomJournals

# How to Use This Journal

Welcome to your journal! Here are some tips to get the most out of it:

1. Set aside a few minutes each day to write
2. Be honest and write freely without judgment
3. Try to write at the same time each day to build a habit
4. Review your entries weekly to notice patterns

Scan for a detailed guide on how to use this journal

WEEKLY TRACKER

# WATER INTAKE JOURNAL

Week from _____ to _____

| HABIT | MON | TUE | WED | THU | FRI | SAT | SUN |
|---|---|---|---|---|---|---|---|
| Daily Goal (oz) | | | | | | | |
| Glasses Drunk | | | | | | | |
| Glass 1 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Glass 2 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Glass 3 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Glass 4 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Glass 5 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Glass 6 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Glass 7 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Glass 8 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Hydration Feeling | | | | | | | |

## NOTES

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| Glass 4 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Glass 5 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Glass 6 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Glass 7 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
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