Water Intake Journal

A 30-Day Guided Journal

Tracker

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

Water Intake Journal

Date:

	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							

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