

⚙️ Settings & Input

Daily Water Goal (Liters) ⓘ
3.00

Select Date ⓘ
2025/09/15

Current intake for 2025-09-15:
0.0L

💧 Add Water Intake

Quick Add:

💧 Glass (250ml)

🍷 Bottle (500ml)

🍽️ Large Bottle (1L)

Custom Amount:

0.25 - +

➕ Add to Total

📄 Set as Total

🔄 Reset Day



Water Intake Tracker

📅 Today's Progress

💧 Water Consumed	🕒 Daily Goal	📊 Progress	⌚ Remaining
0.0L	3.0L	0.0%	3.0L
↓ -3.0L from goal			

📈 Weekly Hydration Chart

Weekly Water Intake Progress



📅 Weekly Average	🕒 Goals Achieved	💧 Total Weekly Intake
0.0L	0/7 days	0.0L

> 📄 View Weekly Data

> 💡 Hydration Tips