## **Hydration Log**

Tick a glass each time you drink water. Aim for 8–12 glasses per day.

Day	Glass 1	Glass 2	Glass 3	Glass 4	Glass 5	Glass 6	Glass 7	Glass 8	Glass 9	Glass 1	0Glass 1	1Glass 12
Mon												
Tue												
Wed												
Thu												
Fri												
Sat												
Sun												