Daily Hydration Tracker

The Women's Sphere — print one per day

My daily goal: _____ oz / _____ ml

Time	Glass	Notes (mood, energy, cravings)
6 AM	■ ■ ■	
7 AM	■ ■ ■	
8 AM	■ ■ ■	
9 AM	■ ■ ■	
10 AM	■ ■ ■	
11 AM	■ ■ ■	
12 PM	■ ■ ■	
1 PM	■ ■ ■	
2 PM	■ ■ ■	
3 PM	■ ■ ■	
4 PM	■ ■ ■	
5 PM	■ ■ ■	
6 PM	■ ■ ■	
7 PM	■ ■ ■	
8 PM	■ ■ ■	
9 PM	■ ■ ■	

Add a glass for exercise (■ +1), heat (■ +1), or breastfeeding sessions (■ +1 each).

Reflection

Urine color today (1=pale, 5=dark): 1 2 3 4 5

Energy: low / ok / bright Skin: dry / ok / glowing

Tomorrow I will: _____