Water tracker

Colour one drop for each glass. Set a daily number that suits you, and tick the box on the days you reach it.

Month _____ My daily aim (glasses) _____ One glass is _____

Day	Aim met
1	☐
2	☐
3	☐
4	☐
5	☐
6	☐
7	☐
8	☐
9	☐
10	☐
11	☐
12	☐
13	☐
14	☐
15	☐
16	☐

Day	Aim met
17	☐
18	☐
19	☐
20	☐
21	☐
22	☐
23	☐
24	☐
25	☐
26	☐
27	☐
28	☐
29	☐
30	☐
31	☐

Days I met my aim this month _____

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