

**Day 1**

Morning: \_\_\_\_\_

Beverages/Snacks: \_\_\_\_\_

Lunch: \_\_\_\_\_

Beverages/Snacks: \_\_\_\_\_

Dinner: \_\_\_\_\_

Beverages/Snacks: \_\_\_\_\_

Total Water Intake: \_\_\_\_\_ glasses/ fluid ounces (circle)

**Day 2**

Morning: \_\_\_\_\_

Beverages/Snacks: \_\_\_\_\_

Lunch: \_\_\_\_\_

Beverages/Snacks: \_\_\_\_\_

Dinner: \_\_\_\_\_

Beverages/Snacks: \_\_\_\_\_

Total Water Intake: \_\_\_\_\_ glasses/ fluid ounces

**Day 3**

Morning: \_\_\_\_\_

Beverages/Snacks: \_\_\_\_\_

Lunch: \_\_\_\_\_

Beverages/Snacks: \_\_\_\_\_

Dinner: \_\_\_\_\_

Beverages/Snacks: \_\_\_\_\_

Total Water Intake: \_\_\_\_\_ glasses/ fluid ounces