



Petal & Paper

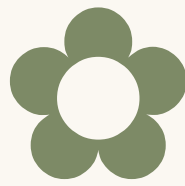
YOUR FREE PRINTABLE

Water intake tracker



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S T A Y H Y D R A T E D

water tracker

Goal · 8 glasses (2 litres) per day

Glass 1 · ☐ time: ____

Glass 2 · ☐ time: ____

Glass 3 · ☐ time: ____

Glass 4 · ☐ time: ____

Glass 5 · ☐ time: ____

Glass 6 · ☐ time: ____

Glass 7 · ☐ time: ____

Glass 8 · ☐ time: ____

T O T A L T O D A Y : _ _ _ G L A S S E S

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