

30 Day Water Tracker

MONTH: _____

  _____ OUNCES  Drink half your body weight in ounces. (200 lbs = 100 oz. per day)

Day 1								Day 16							
Day 2								Day 17							
Day 3								Day 18							
Day 4								Day 19							
Day 5								Day 20							
Day 6								Day 21							
Day 7								Day 22							
Day 8								Day 23							
Day 9								Day 24							
Day 10								Day 25							
Day 11								Day 26							
Day 12								Day 27							
Day 13								Day 28							
Day 14								Day 29							
Day 15								Day 30							