

30 DAY WATER TRACKER

 = _____ OUNCES

MONTH: _____

GOAL: DRINK HALF OF YOUR BODY WEIGHT
IN OUNCES (150LBS = 75 OZ/DAY)

DAY	WATER							
1								
2								
3								
4								
5								
6								
7								
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10								
11								
12								
13								
14								
15								

DAY	WATER							
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25								
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30								