Hydration Habit Tracker Printable

Preview: file inventory and watermarked sample pages. Not the full product.

Files in the download

Hydration-Habit-Tracker-US-Letter.pdf
Print-ready US Letter PDF, 4 pages.

Hydration-Habit-Tracker-A4.pdf
Print-ready A4 PDF, 4 pages, same layout re-flowed for A4.

Hydration-Habit-Tracker-Sample-Preview.png
Sample page rendered at 300 dpi (2550 x 3300 px).

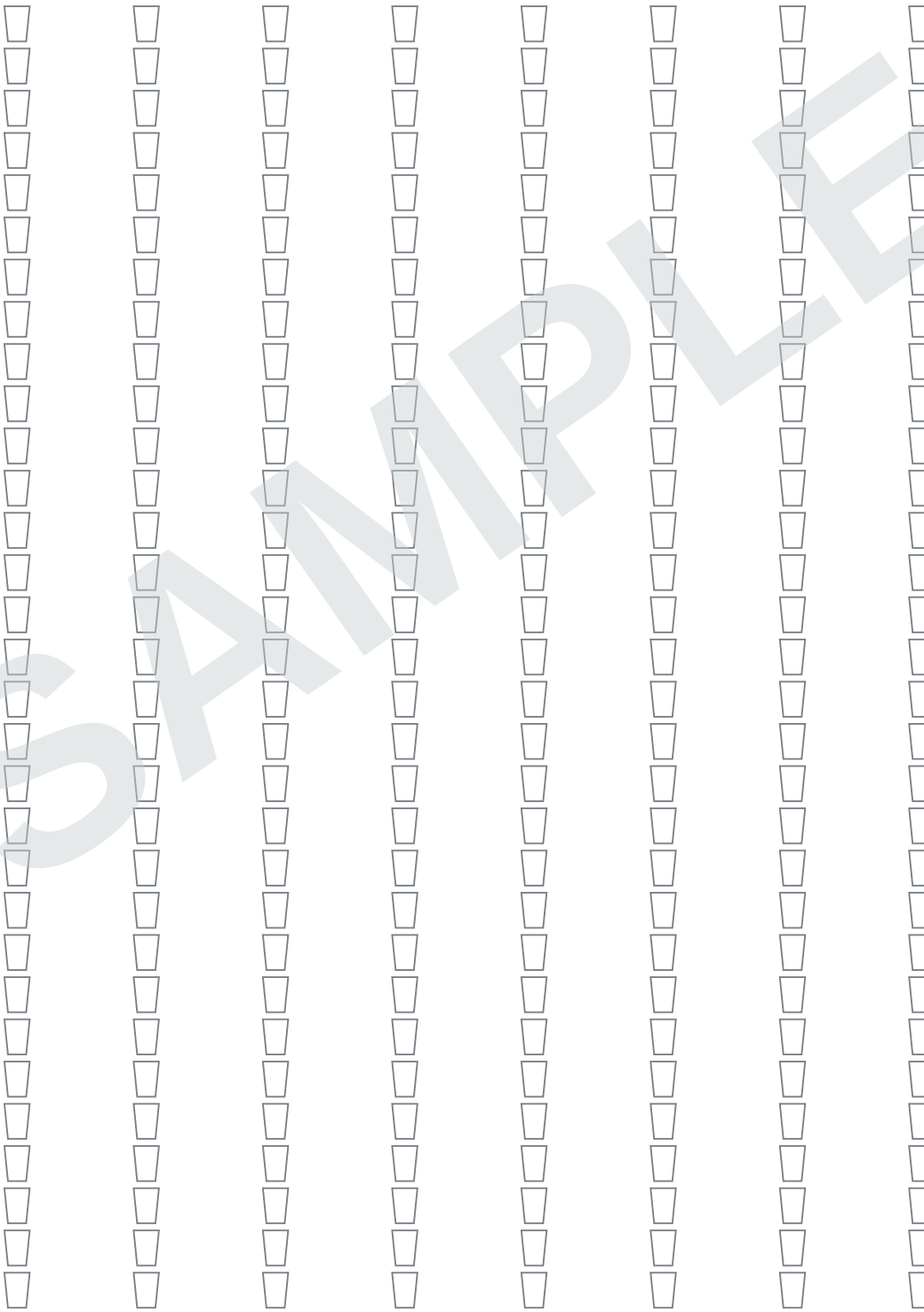
PRINTING.txt
Print settings, tips and license summary.

Monthly water tracker

Days 1-31

Month _____ **Daily goal (glasses)** _____

ONE GLASS OUTLINE = ONE GLASS; COLOUR AS YOU DRINK

		TOTAL
1		
2		
3		
4		
5		
6		
7		
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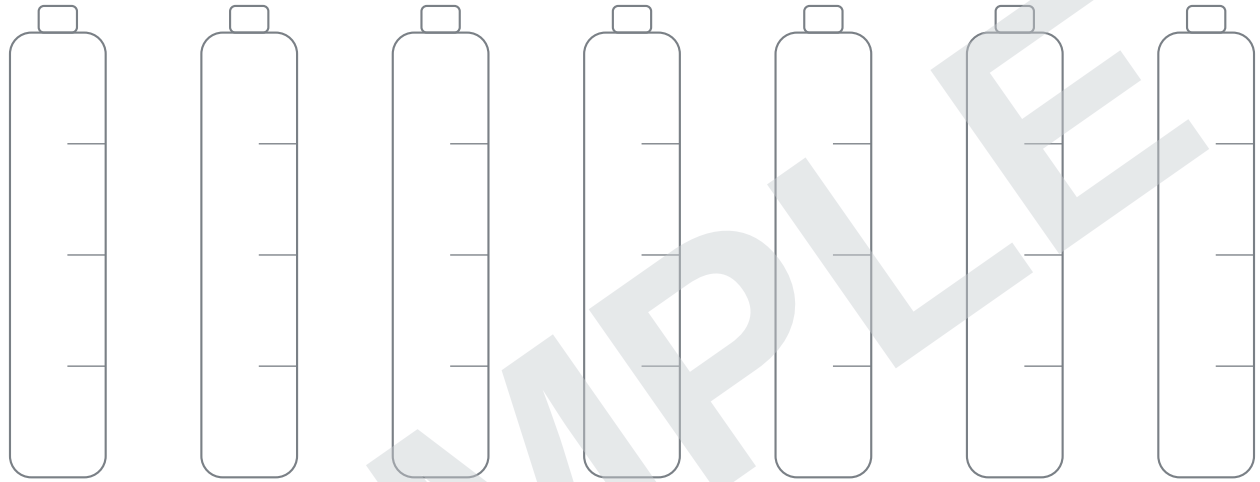
SAMPLE

Weekly bottle tracker

Two weeks per page

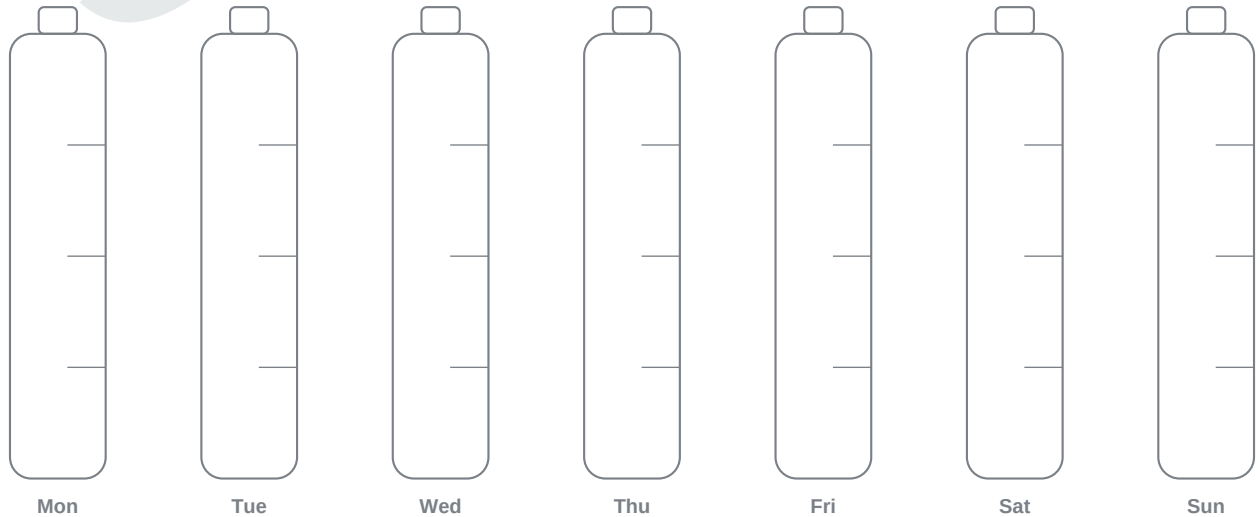
Week of _____ **Bottle size** _____

SHADE TO THE LEVEL YOU'VE DRUNK (MARKS = QUARTERS)



Week of _____ **Bottle size** _____

SHADE TO THE LEVEL YOU'VE DRUNK (MARKS = QUARTERS)



SAMPLE