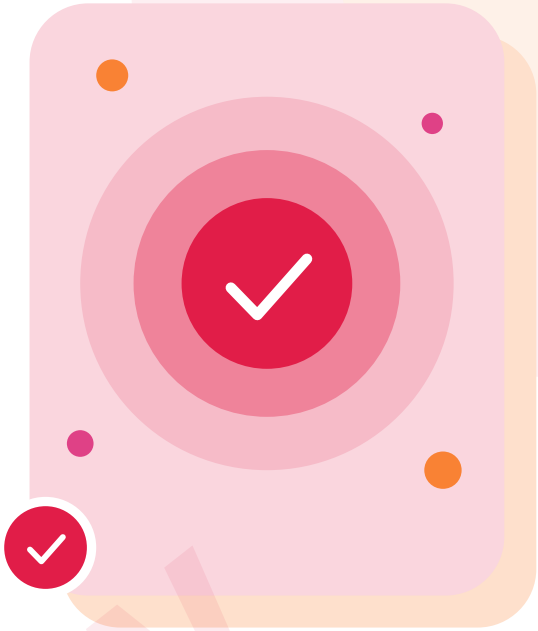
CHECKLIST · HEALTH WELLBEING

FREE PREVIEW

Tracking Your Water-Intake Progress



Monitoring water intake helps maintain hydration and supports energy levels. Use this checklist to track your daily water consumption.

10 steps | Print-ready A4

NAME	START	TARGET DATE

1 **Set a Daily Water Goal**

Determine how much water you need based on your weight and activity level.

EXAMPLE *Aim for 8–10 cups daily.*

2 **Use a Reusable Water Bottle**

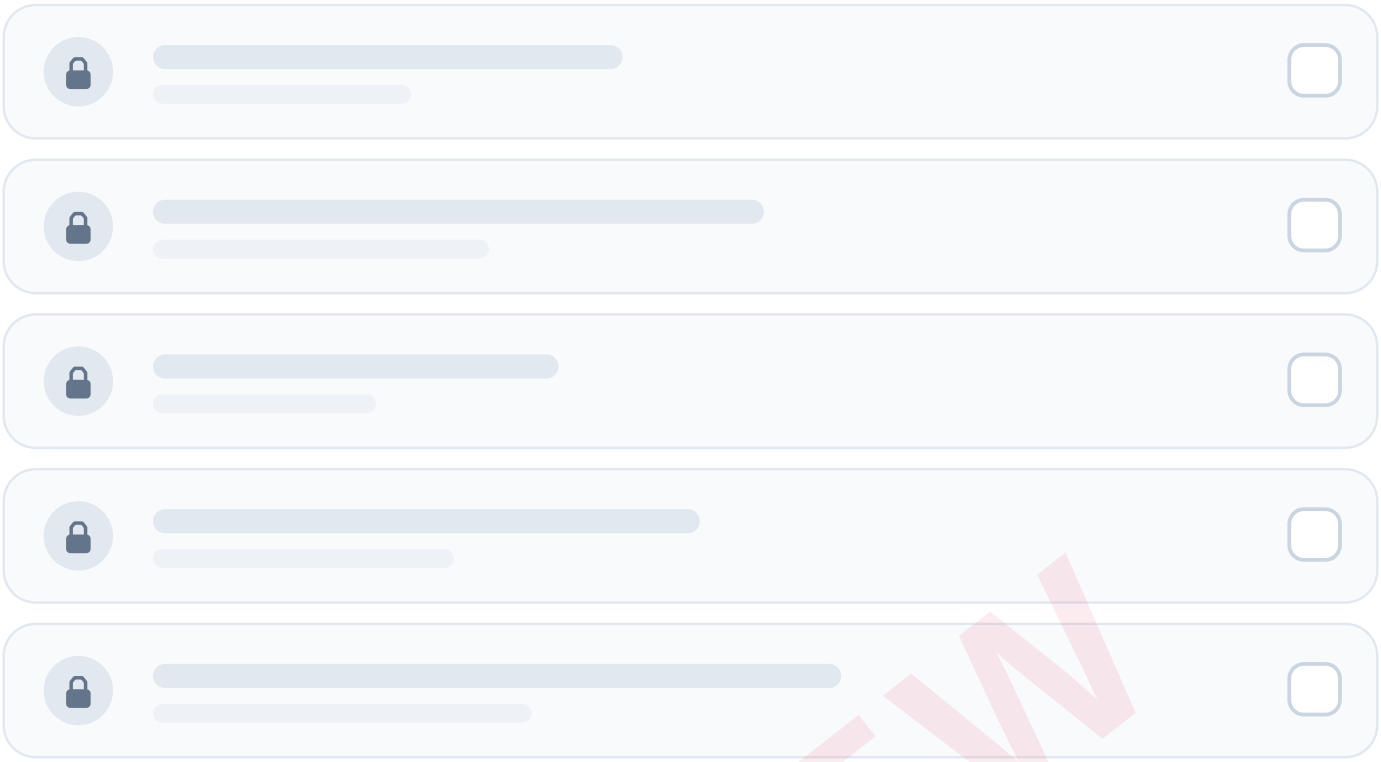
Choose a durable water bottle to carry with you throughout the day. Use the bottle to measure and track your intake consistently.

3 **Mark Time Goals on Your Bottle**

Add markers or lines with times to remind you to drink regularly.

EXAMPLE *8 AM, 10 AM, 12 PM, and so on.*

PREVIEW



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PREVIEW