

My Water Log

Date
Week of

add a check mark for each glass of water intake

/ /	Daily Water Intake							weight	Comments
Monday									
Tuesday									
Wednesday									
Thursday									
Friday									
Saturday									
Sunday									
/ /	Daily Water Intake							weight	Comments
Monday									
Tuesday									
Wednesday									
Thursday									
Friday									
Saturday									
Sunday									
/ /	Daily Water Intake							weight	Comments
Monday									
Tuesday									
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Sunday									
/ /	Daily Water Intake							weight	Comments
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Friday									
Saturday									
Sunday									
/ /	Daily Water Intake							weight	Comments
Monday									
Tuesday									
Wednesday									
Thursday									
Friday									
Saturday									
Sunday									

Sample