

# Daily Hydration Tracker

## Hydration Tips:

- Aim to drink water consistently throughout the day.
- Use a reusable water bottle marked with time goals.
- Add natural flavors like lemon, cucumber, or mint to water.
- Include foods with high water content such as cucumbers, oranges, and watermelon.
- Consider low-sugar electrolyte drinks after intense workouts.

## Track Your Daily Water Intake (in cups)

Time	Target (cups)	Actual (cups)	Notes
Morning			
Midday			
Afternoon			
Evening			