Weekly water tracker

About 9 cups (women) to 13 cups (men) of total fluid a day, including food

	1	2	3	4	5	6	7	8	9	10
Mon	○	○	○	○	○	○	○	○	○	○
Tue	○	○	○	○	○	○	○	○	○	○
Wed	○	○	○	○	○	○	○	○	○	○
Thu	○	○	○	○	○	○	○	○	○	○
Fri	○	○	○	○	○	○	○	○	○	○
Sat	○	○	○	○	○	○	○	○	○	○
Sun	○	○	○	○	○	○	○	○	○	○

Each circle is an 8-oz glass. About 20% to 30% of your fluid comes from food. Pale yellow urine is a sign you are drinking enough.