

























































Weekly hydration tracker

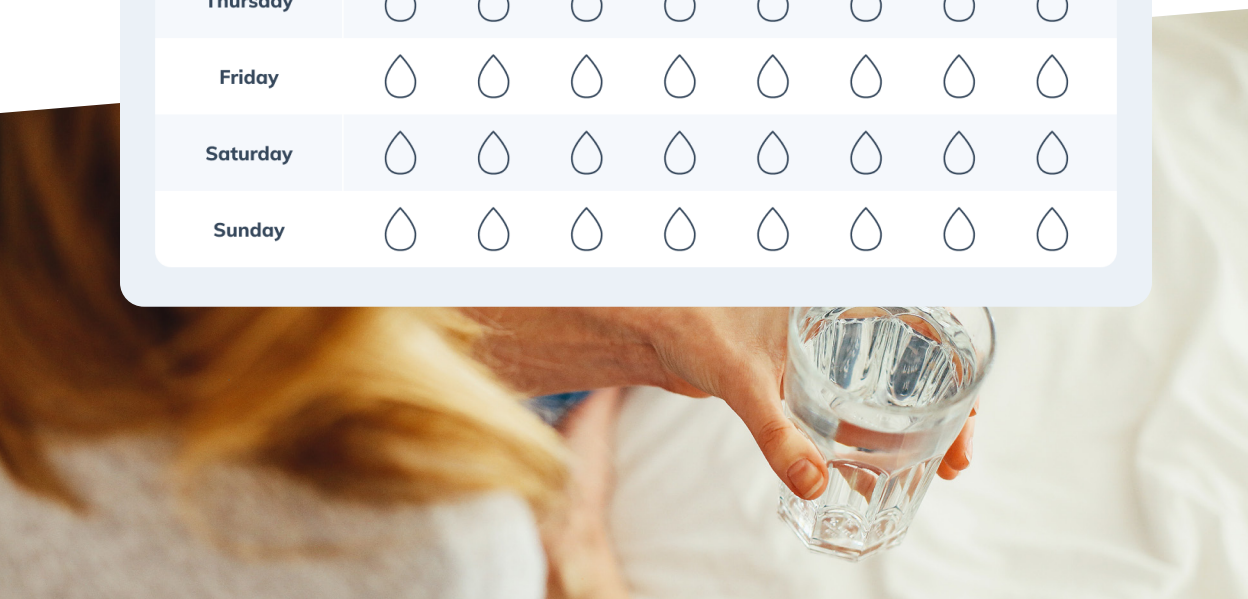
Water supports many essential bodily functions including digestion and regulating body temperature, making staying hydrated important for maintaining overall health. The general recommendation for sedentary adults in temperate climates is 54 fl oz (1.6 L) for females and 85 fl oz (2.5 L) for males. It's important to note that daily fluid needs vary depending on a variety of factors including activity level, age, sex, and climate. Speak with your healthcare provider in order to help determine your unique water intake needs.

To use this tracker, fill in each water droplet as you drink water throughout the day. To meet general recommendations, adult females should drink enough water to fill in 4.5 droplets and males should drink enough water to fill seven droplets.

Week of: _____

Daily water intake goal: _____ fl oz / mL  = 12 fl oz / 355 mL

Day	Water intake							
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								





References

1. CDC. (2021a). Water and healthier drinks. https://www.cdc.gov/healthyweight/healthy_eating/water-and-healthier-drinks.html
2. CDC. (2021b). Plain water, the healthier choice. <https://www.cdc.gov/nutrition/data-statistics/plain-water-the-healthier-choice.html>
3. Institute of Medicine ... & Panel on Dietary Reference Intakes for Electrolytes and Water. (2005). Dietary reference intakes for water, potassium, sodium, chloride, and sulfate. National Academies Press.
4. The water in you: Water and the human body. (n.d). https://www.usgs.gov/special-topic/water-science-school/science/water-you-water-and-human-body?qt-science_center_objects=



For more educational content and resources: www.fullscript.com/learn



This handout was developed and medically reviewed by Fullscript's Integrative Medical Advisory team.

*These statements have not been evaluated by the Food and Drug Administration. This information is not intended to diagnose, treat, cure, or prevent any disease.

Updated: November 2021