

Weekly Water Tracker

Color one drop each time you finish your bottle. Choose a goal that suits you and your day.



My bottle size

My daily goal (number of bottles)

THIS WEEK

Mon



Tue



Wed



Thu



Fri



Sat



Sun



What helped me remember this week:

Free iPhone app: Dropkin: Water Reminder

Log water in one tap, in ounces or liters, and build a hydration routine around the bottle you already carry. No account, no ads, works offline.

A habit tracker, not medical advice. Ask your doctor how much fluid is right for you, especially if you have a medical condition.

