

## Well-Being Program Nutrition Support

### 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 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 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								