



HEALTH AND WELLBEING CHECKLIST

Date

40

Tracking Your Water-Intake Progress

Monitoring water intake helps maintain hydration and supports energy levels. Use this checklist to track your daily water consumption.

Set a Daily Water Goal

- Determine how much water you need based on your weight and activity level.
- Example: Aim for 8–10 cups daily.



Use a Reusable Water Bottle

- Choose a durable water bottle to carry with you throughout the day.
- Use the bottle to measure and track your intake consistently.



Mark Time Goals on Your Bottle

- Add markers or lines with times to remind you to drink regularly.
- Example: 8 AM, 10 AM, 12 PM, and so on.



Log Intake in an App or Journal

- Use a hydration tracking app like MyFitnessPal or WaterMinder.
- Alternatively, write your progress in a notebook each day.



Start Your Day with Water

- Drink a glass of water first thing in the morning.
- This jump-starts hydration and energises you for the day ahead.



Set Reminders

- Use phone alarms or hydration apps to set hourly water reminders.
- Build a habit of taking water breaks at regular intervals.





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Track Drinks Beyond Water

- Include hydrating beverages like herbal teas, milk, or coconut water.
- Be mindful of sugary or caffeinated drinks when calculating your total.



Pair Water with Activities

- Drink water before, during, and after workouts or meals.
- Keep a bottle handy to sip during other daily activities.



Reflect Weekly

- Review your water intake logs to identify trends or gaps.
- Adjust your daily goal if necessary to align with your needs.



Celebrate Milestones

- Reward yourself for hitting hydration goals consistently.
- Choose non-food rewards like a new water bottle or fitness accessory.



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