**Tracking Sheet**

**Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Total cups of water consumed: \_\_\_\_\_\_\_**

|  |  |
| --- | --- |
|  | **Cups of water consumed** |
| **Day 1** |  |
| **Day 2** |  |
| **Day 3** |  |
| **Day 4** |  |
| **Day 5** |  |
| **Day 6** |  |
| **Day 7** |  |