Monthly Water Intake Tracker

31-day grid with fill-in circles and a notes column

Month: _____ Daily Goal (cups): _____

Date	1	2	3	4	5	6	7	8	Notes
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31									

Shade one circle each time you finish a glass of water, and leave the extra circles blank if your goal is under 8. If you miss a day, leave the row blank rather than going back to fill it in.

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