

# Hydration Tracking Sheet

|            |  |  |  |  |  |  |  |           |                                                                                                                                                                                  |
|------------|--|--|--|--|--|--|--|-----------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>SUN</b> |  |  |  |  |  |  |  | SubGoal 1 | <b>Energy Score</b> <div>1 2 3 4 5 6 7 8 9 10</div> <b>Sleep Score</b> <div>1 2 3 4 5 6 7 8 9 10</div> <b>Mental Clarity Score</b> <div>1 2 3 4 5 6 7 8 9 10</div> <b>NOTES:</b> |
|            |  |  |  |  |  |  |  | SubGoal 2 |                                                                                                                                                                                  |

|            |  |  |  |  |  |  |  |           |                                                                                                                                                                                  |
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| <b>MON</b> |  |  |  |  |  |  |  | SubGoal 1 | <b>Energy Score</b> <div>1 2 3 4 5 6 7 8 9 10</div> <b>Sleep Score</b> <div>1 2 3 4 5 6 7 8 9 10</div> <b>Mental Clarity Score</b> <div>1 2 3 4 5 6 7 8 9 10</div> <b>NOTES:</b> |
|            |  |  |  |  |  |  |  | SubGoal 2 |                                                                                                                                                                                  |

|             |  |  |  |  |  |  |  |           |                                                                                                                                                                                  |
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| <b>TUES</b> |  |  |  |  |  |  |  | SubGoal 1 | <b>Energy Score</b> <div>1 2 3 4 5 6 7 8 9 10</div> <b>Sleep Score</b> <div>1 2 3 4 5 6 7 8 9 10</div> <b>Mental Clarity Score</b> <div>1 2 3 4 5 6 7 8 9 10</div> <b>NOTES:</b> |
|             |  |  |  |  |  |  |  | SubGoal 2 |                                                                                                                                                                                  |

|            |  |  |  |  |  |  |  |           |                                                                                                                                                                                  |
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| <b>WED</b> |  |  |  |  |  |  |  | SubGoal 1 | <b>Energy Score</b> <div>1 2 3 4 5 6 7 8 9 10</div> <b>Sleep Score</b> <div>1 2 3 4 5 6 7 8 9 10</div> <b>Mental Clarity Score</b> <div>1 2 3 4 5 6 7 8 9 10</div> <b>NOTES:</b> |
|            |  |  |  |  |  |  |  | SubGoal 2 |                                                                                                                                                                                  |

|              |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |           |                                                                                                                                                                                                                                                                                                                                                       |
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| <b>THURS</b> |  |  |  |  |  |  |  | SubGoal 1 | <b>Energy Score</b> <br><b>Sleep Score</b> <br><b>Mental Clarity Score</b> <br><b>NOTES:</b> |
|              |  |  |  |  |  |  |  | SubGoal 2 |                                                                                                                                                                                                                                                                                                                                                       |

|            |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |           |                                                                                                                                                                                                                                                                                                                                                       |
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| <b>FRI</b> |  |  |  |  |  |  |  | SubGoal 1 | <b>Energy Score</b> <br><b>Sleep Score</b> <br><b>Mental Clarity Score</b> <br><b>NOTES:</b> |
|            |  |  |  |  |  |  |  | SubGoal 2 |                                                                                                                                                                                                                                                                                                                                                       |

|            |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                      |           |                                                                                                                                                                                                                                                                                                                                                          |
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| <b>SAT</b> |    |    |    |    |    |    |    | SubGoal 1 | <b>Energy Score</b> <br><b>Sleep Score</b> <br><b>Mental Clarity Score</b> <br><b>NOTES:</b> |
|            |  |  |  |  |  |  |  | SubGoal 2 |                                                                                                                                                                                                                                                                                                                                                          |

**STEP 1:** Determine your personal hydration goal. This can be using the GOAL FORMULA or by picking a personal goal that you choose. You may also choose up to two sub goals if you want to.

**STEP 2:** Check off each glass\* of water that you drink each day. At the end of the day, reflect back on your energy, mental clarity that day and rate each on a scale of 1 to 10. Upon waking the next morning, rate your sleep score from the night before. Make any notes you think are important for each day.

\*Each glass of water represents one glass of water, which for this challenge equals 8 ounces or approximately 250 mls of water, or hydrating beverage, such as herbal tea. While coffee is found to be less dehydrating than we thought it is still not included in your hydration count for the purposes of this challenge.

**OPTIONAL SUB GOALS** = options include: water immediately upon waking, water before each meal, no alcohol, no sugary drinks, hydrating before a workout etc