

Printable Hydration Planner

Plan your daily goal, track each bottleful, and review what actually worked.

Name: _____	Week of: _____
Daily goal: _____ oz	Bottle size: _____ oz
Bottlefuls needed: _____	Actual refill stops: _____

Quick formula	Daily ounce goal ÷ bottle size = bottlefuls needed
Planning estimate	Body weight in pounds × 0.5, then adjust for activity and climate. Treat this as a flexible estimate, not a medical prescription.

Weekly Bottleful Tracker

Add a check each time you finish a bottle. Use the partial-final column when your goal does not divide evenly by your bottle size.

Day	Goal (oz)	Bottle size	1	2	3	4	5	6	Partial final	Total (oz)	Notes
Monday			☐	☐	☐	☐	☐	☐			
Tuesday			☐	☐	☐	☐	☐	☐			
Wednesday			☐	☐	☐	☐	☐	☐			
Thursday			☐	☐	☐	☐	☐	☐			
Friday			☐	☐	☐	☐	☐	☐			
Saturday			☐	☐	☐	☐	☐	☐			
Sunday			☐	☐	☐	☐	☐	☐			

Daily Habit Check

Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Started with a full bottle	☐	☐	☐	☐	☐	☐	☐
Kept bottle visible and within reach	☐	☐	☐	☐	☐	☐	☐
Used a meal, break, or routine as a cue	☐	☐	☐	☐	☐	☐	☐
Adjusted for exercise or hot weather	☐	☐	☐	☐	☐	☐	☐
Reviewed progress before evening	☐	☐	☐	☐	☐	☐	☐

Daily Hydration Log

Use one row per day. Record completed bottlefuls and any partial final amount.

Date	Daily goal	Bottle size	Bottlefuls completed	Partial final	Total ounces	Activity / climate / notes
			☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6			
			☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6			
			☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6			
			☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6			
			☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6			
			☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6			
			☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6			
			☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6			
			☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6			
			☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6			
			☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6			
			☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6			
			☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6			
			☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6			

Helpful Reminders

Make it visible Keep the bottle beside the activity you already do.	Track bottlefuls Count completed bottles, then record any partial final amount.	Review, do not judge After one week, adjust the bottle size, cues, or timing.
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Safety note: Water needs vary. Do not force a gallon if it does not fit your personal needs. Seek individualized guidance if you are pregnant, breastfeeding, ill, taking medicines that affect water balance, or managing a kidney, heart, or endocrine condition.