# Hydration Tracker

**Purpose:** Staying properly hydrated is essential for maintaining good health. Use this hydration tracker to log and monitor your daily water intake. Whether you're improving your wellness routine or staying accountable, this log will help you track your progress.

## Participant Information

* **Name:** {name}
* **Date:** {date}

## Daily Water Intake Log

|  |  |  |
| --- | --- | --- |
| **Time of Day** | **Amount (oz/ml)** | **Notes** |
| {#entries}{timeOfDay} | {amount} | {note}{/entries} |

## Hydration Goals

* **Daily Goal:** {dailyGoal} oz/ml
* **Actual Intake:** {actualIntake} oz/ml

{#goalMet}

**Congratulations!** 🎉 You've met your hydration goal for the day!

{/goalMet}

{^goalMet}

**Keep Going!** 💧 You're doing great—just a bit more to meet your daily goal.

{/goalMet}

## Additional Notes

*{additionalNotes}*