







7-Day Hydration Tracker for Seniors




 **Why track your water intake?** After age 60, the feeling of thirst becomes less reliable. This simple tracker helps you build a daily hydration habit. **How to use:** Fill in your cups or ounces each day, check the boxes for lemon water / meds, and add a short note. Aim for **6–8 cups (≈1.5–2 liters)** daily unless your doctor advises otherwise.


Tip: Keep this sheet on your fridge or nightstand. Use a straw for lemon water to protect teeth.




 **Day 1 — Monday** Goal: 6–8 cups


 Cups of water:
 Lemon water today?
 (1 cup max)
  Took meds 2h apart?




 **Day 2 — Tuesday** Goal: 6–8 cups

 Cups of water:
 Lemon water today?
 Took meds 2h apart?

 **Day 3 — Wednesday** Goal: 6–8 cups

 Cups of water:
 Lemon water today?
 Took meds 2h apart?

 **Day 4 — Thursday** Goal: 6–8 cups

 Cups of water:
 Lemon water today?
 Took meds 2h apart?

 **Day 5 — Friday**

Goal: 6–8 cups

 Cups of water:

 Lemon water today?

 Took meds 2h apart?

 **Day 6 — Saturday**

Goal: 6–8 cups

 Cups of water:

 Lemon water today?

 Took meds 2h apart?


 **Day 7 — Sunday**


Goal: 6–8 cups

 Cups of water:

 Lemon water today?

 Took meds 2h apart?

 **Weekly reflection:** At the end of 7 days, check your progress. Did you feel more energetic? Less dry mouth? Better digestion? Keep this tracker for your next checkup to discuss hydration with your doctor.

 **Senior safety reminder:** If you have kidney disease, heart failure, or are on fluid restriction, follow your doctor's specific hydration advice. Lemon water is optional — plain water works great too.