
























Senior Hydration Tracker

Check off each glass of water – aim for 8 glasses (64 oz / 1.9 liters) daily


 **How to use:** Place a check (✓) in the box each time you finish one glass (8 oz / 240 ml) of water, herbal tea, or hydrating fluid. Try to spread your intake across the day. Avoid drinking large amounts 1-2 hours before bedtime.

 6:00 AM  <input type="checkbox"/> Glass 1	 7:00 AM  <input type="checkbox"/> Glass 2	 8:00 AM  <input type="checkbox"/> Glass 3	 9:00 AM  <input type="checkbox"/> Glass 4
 10:00 AM  <input type="checkbox"/> Glass 5	 11:00 AM  <input type="checkbox"/> Glass 6	 12:00 PM  <input type="checkbox"/> Glass 7	 1:00 PM  <input type="checkbox"/> Glass 8
2:00 PM  <input type="checkbox"/> Glass 9 (bonus)	3:00 PM  <input type="checkbox"/> Glass 10 (bonus)	 4:00 PM  <input type="checkbox"/> Glass 11 (bonus)	 5:00 PM  <input type="checkbox"/> Glass 12 (bonus)

 Today's Total

0 / 8 glasses

Tap/click each checkbox to count your glasses automatically on screen.

 **Senior tips:** Use a straw or lidded cup if swallowing is difficult. Add lemon, cucumber, or berries for flavor. Water-rich foods (soup, Jell-O, melon, yogurt) also count!

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