Facilities Planning & Management
UNIVERSITY OF WISCONSIN–MADISON

Hydration for Health Tracker

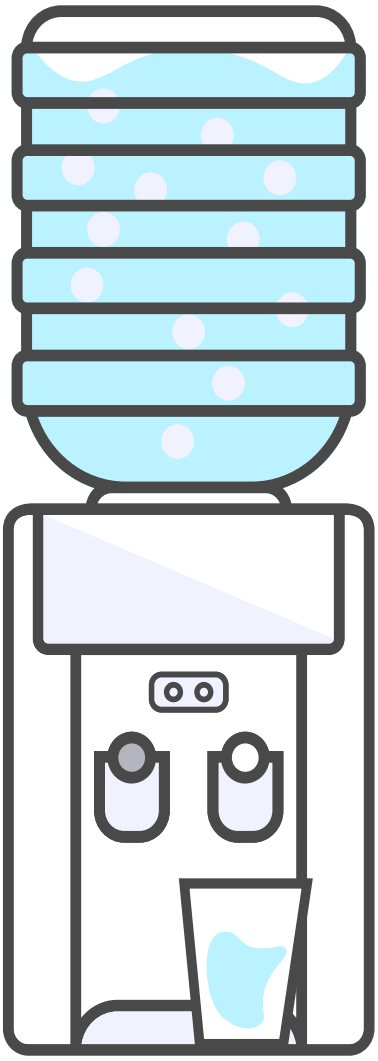
The FP&M Wellness Committee invites you to join the Hydration for Health Challenge!

Follow the steps and complete the form below:

Step 1. Pick your **Hydration for Health Goal**: _____ **oz.**

Everyone is unique and the right amount of water consumption for one person may not be the same for another. Pick a goal amount that is right for you and adjust or consult a doctor as needed. To get started, you can review a *daily water intake calculator.*

1 cup = 8 oz.



Step 2. Enter the amount of water that you drink daily in the tracker below for February:

Day 1: ___ oz. Total
Day 2: ___ oz. Total
Day 3: ___ oz. Total
Day 4: ___ oz. Total
Day 5: ___ oz. Total
Day 6: ___ oz. Total
Day 7: ___ oz. Total
Day 8: ___ oz. Total
Day 9: ___ oz. Total
Day 10: ___ oz. Total
Day 11: ___ oz. Total
Day 12: ___ oz. Total
Day 13: ___ oz. Total
Day 14: ___ oz. Total
Day 15: ___ oz. Total
Day 16: ___ oz. Total
Day 17: ___ oz. Total
Day 18: ___ oz. Total
Day 19: ___ oz. Total
Day 20: ___ oz. Total
Day 21: ___ oz. Total
Day 22: ___ oz. Total
Day 23: ___ oz. Total
Day 24: ___ oz. Total
Day 25: ___ oz. Total
Day 26: ___ oz. Total
Day 27: ___ oz. Total
Day 28: ___ oz. Total

Grand Total: 0 _____ oz.

Questions? You are welcome to reach out to a Wellness Committee member or email **wellness@fpm.wisc.edu**