

Water Tracker - Bottle

How much water do I need to drink from my water bottle?

Monday

Tuesday

Wednesday


Thursday

Friday

Saturday

Sunday

Age	Sex	Total drinks per day
4-8 years	Female	1000-1400ml
	Male	1000-1400ml
9-13 years	Female	1200-2100ml
	Male	1400-2300ml
14-18 years	Female	1200-2500ml
	Male	2100-3200ml

 = 200-400ml
*age dependent

Fill in the water droplets every day to track how much water you drink throughout the week!