HOORVIA — DAILY WATER INTAKE & HYDRATION TRACKER

7-Day Hydration Checklist (8 × 8 oz Cups = 64 oz / 2 Liters Daily) + Body Weight Guide

MATCHED TEAL BRAND EDITION

120 lbs (54 kg)	150 lbs (68 kg)	180 lbs (82 kg)	200+ lbs (91 kg)
Target: 60 oz (1.8 L)	Target: 75 oz (2.2 L)	Target: 90 oz (2.6 L)	Target: 100 oz (3.0 L)

WEEKLY 8-GLASS HYDRATION LOG (CHECK OFF EACH 8 OZ / 250 ML CUP YOU FINISH)

DAY OF WEEK	MORNING (GLASSES 1–2)	MIDDAY (GLASSES 3–4)	AFTERNOON (GLASSES 5–6)	EVENING (GLASSES 7–8+)	DAILY TOTAL (FL OZ / LITERS)
Monday	☐ 8 oz ☐ 16 oz	☐ 24 oz ☐ 32 oz	☐ 40 oz ☐ 48 oz	☐ 56 oz ☐ 64 oz	_____ oz / L
Tuesday	☐ 8 oz ☐ 16 oz	☐ 24 oz ☐ 32 oz	☐ 40 oz ☐ 48 oz	☐ 56 oz ☐ 64 oz	_____ oz / L
Wednesday	☐ 8 oz ☐ 16 oz	☐ 24 oz ☐ 32 oz	☐ 40 oz ☐ 48 oz	☐ 56 oz ☐ 64 oz	_____ oz / L
Thursday	☐ 8 oz ☐ 16 oz	☐ 24 oz ☐ 32 oz	☐ 40 oz ☐ 48 oz	☐ 56 oz ☐ 64 oz	_____ oz / L
Friday	☐ 8 oz ☐ 16 oz	☐ 24 oz ☐ 32 oz	☐ 40 oz ☐ 48 oz	☐ 56 oz ☐ 64 oz	_____ oz / L
Saturday	☐ 8 oz ☐ 16 oz	☐ 24 oz ☐ 32 oz	☐ 40 oz ☐ 48 oz	☐ 56 oz ☐ 64 oz	_____ oz / L
Sunday	☐ 8 oz ☐ 16 oz	☐ 24 oz ☐ 32 oz	☐ 40 oz ☐ 48 oz	☐ 56 oz ☐ 64 oz	_____ oz / L
Bonus Week Avg	**Weekly Habit Goal:** Drink 16 oz (500 mL) immediately upon waking before coffee.				**Goal Met: ___ / 7**

HOW TO CALCULATE YOUR EXACT DAILY HYDRATION GOAL: Divide your body weight in pounds by 2 to get your baseline daily fluid ounces (e.g., **160 lbs ÷ 2 = 80 fl oz**). Add an extra **12 oz (350 mL)** for every 30 minutes of sweating or intense workout.