


# Hydrate

## Weekly Water Tracker

Week Starting:



**8 Glasses of  
Water a  
Day!** 

## Water Infusion Ideas:

lemon  
lemon & mint  
watermelon  
watermelon & mint  
lime  
apple & cinnamon

Orange  
mint  
grapefruit  
strawberries  
cucumber  
cucumber & mint

Kiwifruit  
raspberries  
chocolate mint  
strawberry & mint  
lemon & lime  
lemon & orange