BONUS 1

30-Day Water Therapy Success Tracker

A simple daily workbook to help you build a consistent hydration routine, observe your habits, and reflect on your progress.

Name:	_____
Start Date:	_____
End Date:	_____
My 30-Day Goal:	_____

Important: This tracker is for habit-building and self-observation. It is not a medical treatment plan. Your individual fluid needs can vary. If a healthcare professional has given you specific fluid instructions, follow those instructions.

How to Use This Tracker

Use one page for each day. Tick the boxes that apply, record your water intake using the measurement that works for you, and write a short reflection. The goal is consistency—not perfection.

1	Set a realistic daily hydration routine that fits your normal schedule.
2	Keep your preferred water bottle or cup accessible during the day.
3	Record what you actually drink rather than trying to make the record look perfect.
4	Notice patterns such as busy days, exercise, hot weather, or long periods without drinking.
5	Review your weekly reflections and identify one small improvement for the following week.

My Starting Point

What does my current hydration routine look like?	_____ _____
What usually makes it difficult for me to drink water consistently?	_____ _____
What habit do I want to build over the next 30 days?	_____ _____

Day 1

Date: _____ Day of week: _____

Water / fluids consumed today	_____
Times I drank water	■ Morning ■ Midday ■ Afternoon ■ Evening
I kept water accessible	■ Yes ■ Partly ■ No
Routine felt	■ Easy ■ Manageable ■ Difficult
Energy / alertness today	■ Low ■ Okay ■ Good
Physical activity / heat today	■ None ■ Light ■ Moderate ■ High

My Daily Check-In

■ I followed my planned routine as closely as practical.	■ I noticed when I was thirsty.
■ I avoided waiting until the end of the day to catch up.	■ I made water easy to access.

One thing I did well today:

_____

_____

What I can improve tomorrow:

_____

_____

Anything I want to remember about today:

_____

_____

Day 2

Date: _____ Day of week: _____

Water / fluids consumed today	_____
Times I drank water	■ Morning ■ Midday ■ Afternoon ■ Evening
I kept water accessible	■ Yes ■ Partly ■ No
Routine felt	■ Easy ■ Manageable ■ Difficult
Energy / alertness today	■ Low ■ Okay ■ Good
Physical activity / heat today	■ None ■ Light ■ Moderate ■ High

My Daily Check-In

■ I followed my planned routine as closely as practical.	■ I noticed when I was thirsty.
■ I avoided waiting until the end of the day to catch up.	■ I made water easy to access.

One thing I did well today:

_____

_____

What I can improve tomorrow:

_____

_____

Anything I want to remember about today:

_____

_____

Day 3

Date: _____ Day of week: _____

Water / fluids consumed today	_____
Times I drank water	■ Morning ■ Midday ■ Afternoon ■ Evening
I kept water accessible	■ Yes ■ Partly ■ No
Routine felt	■ Easy ■ Manageable ■ Difficult
Energy / alertness today	■ Low ■ Okay ■ Good
Physical activity / heat today	■ None ■ Light ■ Moderate ■ High

My Daily Check-In

■ I followed my planned routine as closely as practical.	■ I noticed when I was thirsty.
■ I avoided waiting until the end of the day to catch up.	■ I made water easy to access.

One thing I did well today:

_____

_____

What I can improve tomorrow:

_____

_____

Anything I want to remember about today:

_____

_____

Day 4

Date: _____ Day of week: _____

Water / fluids consumed today	_____
Times I drank water	■ Morning ■ Midday ■ Afternoon ■ Evening
I kept water accessible	■ Yes ■ Partly ■ No
Routine felt	■ Easy ■ Manageable ■ Difficult
Energy / alertness today	■ Low ■ Okay ■ Good
Physical activity / heat today	■ None ■ Light ■ Moderate ■ High

My Daily Check-In

■ I followed my planned routine as closely as practical.	■ I noticed when I was thirsty.
■ I avoided waiting until the end of the day to catch up.	■ I made water easy to access.

One thing I did well today:

_____

_____

What I can improve tomorrow:

_____

_____

Anything I want to remember about today:

_____

_____

Day 5

Date: _____ Day of week: _____

Water / fluids consumed today	_____
Times I drank water	■ Morning ■ Midday ■ Afternoon ■ Evening
I kept water accessible	■ Yes ■ Partly ■ No
Routine felt	■ Easy ■ Manageable ■ Difficult
Energy / alertness today	■ Low ■ Okay ■ Good
Physical activity / heat today	■ None ■ Light ■ Moderate ■ High

My Daily Check-In

■ I followed my planned routine as closely as practical.	■ I noticed when I was thirsty.
■ I avoided waiting until the end of the day to catch up.	■ I made water easy to access.

One thing I did well today:

_____

_____

What I can improve tomorrow:

_____

_____

Anything I want to remember about today:

_____

_____

Day 6

Date: _____ Day of week: _____

Water / fluids consumed today	_____
Times I drank water	■ Morning ■ Midday ■ Afternoon ■ Evening
I kept water accessible	■ Yes ■ Partly ■ No
Routine felt	■ Easy ■ Manageable ■ Difficult
Energy / alertness today	■ Low ■ Okay ■ Good
Physical activity / heat today	■ None ■ Light ■ Moderate ■ High

My Daily Check-In

■ I followed my planned routine as closely as practical.	■ I noticed when I was thirsty.
■ I avoided waiting until the end of the day to catch up.	■ I made water easy to access.

One thing I did well today:

_____

_____

What I can improve tomorrow:

_____

_____

Anything I want to remember about today:

_____

_____

Day 7

Date: _____ Day of week: _____

Water / fluids consumed today	_____
Times I drank water	■ Morning ■ Midday ■ Afternoon ■ Evening
I kept water accessible	■ Yes ■ Partly ■ No
Routine felt	■ Easy ■ Manageable ■ Difficult
Energy / alertness today	■ Low ■ Okay ■ Good
Physical activity / heat today	■ None ■ Light ■ Moderate ■ High

My Daily Check-In

■ I followed my planned routine as closely as practical.	■ I noticed when I was thirsty.
■ I avoided waiting until the end of the day to catch up.	■ I made water easy to access.

One thing I did well today:

_____

_____

What I can improve tomorrow:

_____

_____

Anything I want to remember about today:

_____

_____

Week 1 Mini-Review

My consistency this week	■ Needs work ■ Improving ■ Strong
Biggest obstacle	_____
One change for next week	_____

Day 8

Date: _____ Day of week: _____

Water / fluids consumed today	_____
Times I drank water	■ Morning ■ Midday ■ Afternoon ■ Evening
I kept water accessible	■ Yes ■ Partly ■ No
Routine felt	■ Easy ■ Manageable ■ Difficult
Energy / alertness today	■ Low ■ Okay ■ Good
Physical activity / heat today	■ None ■ Light ■ Moderate ■ High

My Daily Check-In

■ I followed my planned routine as closely as practical.	■ I noticed when I was thirsty.
■ I avoided waiting until the end of the day to catch up.	■ I made water easy to access.

One thing I did well today:

_____

_____

What I can improve tomorrow:

_____

_____

Anything I want to remember about today:

_____

_____

Day 9

Date: _____ Day of week: _____

Water / fluids consumed today	_____
Times I drank water	■ Morning ■ Midday ■ Afternoon ■ Evening
I kept water accessible	■ Yes ■ Partly ■ No
Routine felt	■ Easy ■ Manageable ■ Difficult
Energy / alertness today	■ Low ■ Okay ■ Good
Physical activity / heat today	■ None ■ Light ■ Moderate ■ High

My Daily Check-In

■ I followed my planned routine as closely as practical.	■ I noticed when I was thirsty.
■ I avoided waiting until the end of the day to catch up.	■ I made water easy to access.

One thing I did well today:

_____

_____

What I can improve tomorrow:

_____

_____

Anything I want to remember about today:

_____

_____

Day 10

Date: _____ Day of week: _____

Water / fluids consumed today	_____
Times I drank water	■ Morning ■ Midday ■ Afternoon ■ Evening
I kept water accessible	■ Yes ■ Partly ■ No
Routine felt	■ Easy ■ Manageable ■ Difficult
Energy / alertness today	■ Low ■ Okay ■ Good
Physical activity / heat today	■ None ■ Light ■ Moderate ■ High

My Daily Check-In

■ I followed my planned routine as closely as practical.	■ I noticed when I was thirsty.
■ I avoided waiting until the end of the day to catch up.	■ I made water easy to access.

One thing I did well today:

_____

_____

What I can improve tomorrow:

_____

_____

Anything I want to remember about today:

_____

_____

Day 11

Date: _____ Day of week: _____

Water / fluids consumed today	_____
Times I drank water	■ Morning ■ Midday ■ Afternoon ■ Evening
I kept water accessible	■ Yes ■ Partly ■ No
Routine felt	■ Easy ■ Manageable ■ Difficult
Energy / alertness today	■ Low ■ Okay ■ Good
Physical activity / heat today	■ None ■ Light ■ Moderate ■ High

My Daily Check-In

■ I followed my planned routine as closely as practical.	■ I noticed when I was thirsty.
■ I avoided waiting until the end of the day to catch up.	■ I made water easy to access.

One thing I did well today:

_____

_____

What I can improve tomorrow:

_____

_____

Anything I want to remember about today:

_____

_____

Day 12

Date: _____ Day of week: _____

Water / fluids consumed today	_____
Times I drank water	■ Morning ■ Midday ■ Afternoon ■ Evening
I kept water accessible	■ Yes ■ Partly ■ No
Routine felt	■ Easy ■ Manageable ■ Difficult
Energy / alertness today	■ Low ■ Okay ■ Good
Physical activity / heat today	■ None ■ Light ■ Moderate ■ High

My Daily Check-In

■ I followed my planned routine as closely as practical.	■ I noticed when I was thirsty.
■ I avoided waiting until the end of the day to catch up.	■ I made water easy to access.

One thing I did well today:

_____

_____

What I can improve tomorrow:

_____

_____

Anything I want to remember about today:

_____

_____

Day 13

Date: _____ Day of week: _____

Water / fluids consumed today	_____
Times I drank water	■ Morning ■ Midday ■ Afternoon ■ Evening
I kept water accessible	■ Yes ■ Partly ■ No
Routine felt	■ Easy ■ Manageable ■ Difficult
Energy / alertness today	■ Low ■ Okay ■ Good
Physical activity / heat today	■ None ■ Light ■ Moderate ■ High

My Daily Check-In

■ I followed my planned routine as closely as practical.	■ I noticed when I was thirsty.
■ I avoided waiting until the end of the day to catch up.	■ I made water easy to access.

One thing I did well today:

_____

_____

What I can improve tomorrow:

_____

_____

Anything I want to remember about today:

_____

_____

Day 14

Date: _____ Day of week: _____

Water / fluids consumed today	_____
Times I drank water	■ Morning ■ Midday ■ Afternoon ■ Evening
I kept water accessible	■ Yes ■ Partly ■ No
Routine felt	■ Easy ■ Manageable ■ Difficult
Energy / alertness today	■ Low ■ Okay ■ Good
Physical activity / heat today	■ None ■ Light ■ Moderate ■ High

My Daily Check-In

■ I followed my planned routine as closely as practical.	■ I noticed when I was thirsty.
■ I avoided waiting until the end of the day to catch up.	■ I made water easy to access.

One thing I did well today:

_____

_____

What I can improve tomorrow:

_____

_____

Anything I want to remember about today:

_____

_____

Week 2 Mini-Review

My consistency this week	■ Needs work ■ Improving ■ Strong
Biggest obstacle	_____
One change for next week	_____

Day 15

Date: _____ Day of week: _____

Water / fluids consumed today	_____
Times I drank water	■ Morning ■ Midday ■ Afternoon ■ Evening
I kept water accessible	■ Yes ■ Partly ■ No
Routine felt	■ Easy ■ Manageable ■ Difficult
Energy / alertness today	■ Low ■ Okay ■ Good
Physical activity / heat today	■ None ■ Light ■ Moderate ■ High

My Daily Check-In

■ I followed my planned routine as closely as practical.	■ I noticed when I was thirsty.
■ I avoided waiting until the end of the day to catch up.	■ I made water easy to access.

One thing I did well today:

_____

_____

What I can improve tomorrow:

_____

_____

Anything I want to remember about today:

_____

_____

Day 16

Date: _____ Day of week: _____

Water / fluids consumed today	_____
Times I drank water	■ Morning ■ Midday ■ Afternoon ■ Evening
I kept water accessible	■ Yes ■ Partly ■ No
Routine felt	■ Easy ■ Manageable ■ Difficult
Energy / alertness today	■ Low ■ Okay ■ Good
Physical activity / heat today	■ None ■ Light ■ Moderate ■ High

My Daily Check-In

■ I followed my planned routine as closely as practical.	■ I noticed when I was thirsty.
■ I avoided waiting until the end of the day to catch up.	■ I made water easy to access.

One thing I did well today:

_____

_____

What I can improve tomorrow:

_____

_____

Anything I want to remember about today:

_____

_____

Day 17

Date: _____ Day of week: _____

Water / fluids consumed today	_____
Times I drank water	■ Morning ■ Midday ■ Afternoon ■ Evening
I kept water accessible	■ Yes ■ Partly ■ No
Routine felt	■ Easy ■ Manageable ■ Difficult
Energy / alertness today	■ Low ■ Okay ■ Good
Physical activity / heat today	■ None ■ Light ■ Moderate ■ High

My Daily Check-In

■ I followed my planned routine as closely as practical.	■ I noticed when I was thirsty.
■ I avoided waiting until the end of the day to catch up.	■ I made water easy to access.

One thing I did well today:

_____

_____

What I can improve tomorrow:

_____

_____

Anything I want to remember about today:

_____

_____

Day 18

Date: _____ Day of week: _____

Water / fluids consumed today	_____
Times I drank water	■ Morning ■ Midday ■ Afternoon ■ Evening
I kept water accessible	■ Yes ■ Partly ■ No
Routine felt	■ Easy ■ Manageable ■ Difficult
Energy / alertness today	■ Low ■ Okay ■ Good
Physical activity / heat today	■ None ■ Light ■ Moderate ■ High

My Daily Check-In

■ I followed my planned routine as closely as practical.	■ I noticed when I was thirsty.
■ I avoided waiting until the end of the day to catch up.	■ I made water easy to access.

One thing I did well today:

_____

_____

What I can improve tomorrow:

_____

_____

Anything I want to remember about today:

_____

_____

Day 19

Date: _____ Day of week: _____

Water / fluids consumed today	_____
Times I drank water	■ Morning ■ Midday ■ Afternoon ■ Evening
I kept water accessible	■ Yes ■ Partly ■ No
Routine felt	■ Easy ■ Manageable ■ Difficult
Energy / alertness today	■ Low ■ Okay ■ Good
Physical activity / heat today	■ None ■ Light ■ Moderate ■ High

My Daily Check-In

■ I followed my planned routine as closely as practical.	■ I noticed when I was thirsty.
■ I avoided waiting until the end of the day to catch up.	■ I made water easy to access.

One thing I did well today:

_____

_____

What I can improve tomorrow:

_____

_____

Anything I want to remember about today:

_____

_____

Day 20

Date: _____ Day of week: _____

Water / fluids consumed today	_____
Times I drank water	■ Morning ■ Midday ■ Afternoon ■ Evening
I kept water accessible	■ Yes ■ Partly ■ No
Routine felt	■ Easy ■ Manageable ■ Difficult
Energy / alertness today	■ Low ■ Okay ■ Good
Physical activity / heat today	■ None ■ Light ■ Moderate ■ High

My Daily Check-In

■ I followed my planned routine as closely as practical.	■ I noticed when I was thirsty.
■ I avoided waiting until the end of the day to catch up.	■ I made water easy to access.

One thing I did well today:

_____

_____

What I can improve tomorrow:

_____

_____

Anything I want to remember about today:

_____

_____

Day 21

Date: _____ Day of week: _____

Water / fluids consumed today	_____
Times I drank water	■ Morning ■ Midday ■ Afternoon ■ Evening
I kept water accessible	■ Yes ■ Partly ■ No
Routine felt	■ Easy ■ Manageable ■ Difficult
Energy / alertness today	■ Low ■ Okay ■ Good
Physical activity / heat today	■ None ■ Light ■ Moderate ■ High

My Daily Check-In

■ I followed my planned routine as closely as practical.	■ I noticed when I was thirsty.
■ I avoided waiting until the end of the day to catch up.	■ I made water easy to access.

One thing I did well today:

_____

_____

What I can improve tomorrow:

_____

_____

Anything I want to remember about today:

_____

_____

Week 3 Mini-Review

My consistency this week	■ Needs work ■ Improving ■ Strong
Biggest obstacle	_____
One change for next week	_____

Day 22

Date: _____ Day of week: _____

Water / fluids consumed today	_____
Times I drank water	■ Morning ■ Midday ■ Afternoon ■ Evening
I kept water accessible	■ Yes ■ Partly ■ No
Routine felt	■ Easy ■ Manageable ■ Difficult
Energy / alertness today	■ Low ■ Okay ■ Good
Physical activity / heat today	■ None ■ Light ■ Moderate ■ High

My Daily Check-In

■ I followed my planned routine as closely as practical.	■ I noticed when I was thirsty.
■ I avoided waiting until the end of the day to catch up.	■ I made water easy to access.

One thing I did well today:

_____

_____

What I can improve tomorrow:

_____

_____

Anything I want to remember about today:

_____

_____

Day 23

Date: _____ Day of week: _____

Water / fluids consumed today	_____
Times I drank water	■ Morning ■ Midday ■ Afternoon ■ Evening
I kept water accessible	■ Yes ■ Partly ■ No
Routine felt	■ Easy ■ Manageable ■ Difficult
Energy / alertness today	■ Low ■ Okay ■ Good
Physical activity / heat today	■ None ■ Light ■ Moderate ■ High

My Daily Check-In

■ I followed my planned routine as closely as practical.	■ I noticed when I was thirsty.
■ I avoided waiting until the end of the day to catch up.	■ I made water easy to access.

One thing I did well today:

_____

_____

What I can improve tomorrow:

_____

_____

Anything I want to remember about today:

_____

_____

Day 24

Date: _____ Day of week: _____

Water / fluids consumed today	_____
Times I drank water	■ Morning ■ Midday ■ Afternoon ■ Evening
I kept water accessible	■ Yes ■ Partly ■ No
Routine felt	■ Easy ■ Manageable ■ Difficult
Energy / alertness today	■ Low ■ Okay ■ Good
Physical activity / heat today	■ None ■ Light ■ Moderate ■ High

My Daily Check-In

■ I followed my planned routine as closely as practical.	■ I noticed when I was thirsty.
■ I avoided waiting until the end of the day to catch up.	■ I made water easy to access.

One thing I did well today:

_____

_____

What I can improve tomorrow:

_____

_____

Anything I want to remember about today:

_____

_____

Day 25

Date: _____ Day of week: _____

Water / fluids consumed today	_____
Times I drank water	■ Morning ■ Midday ■ Afternoon ■ Evening
I kept water accessible	■ Yes ■ Partly ■ No
Routine felt	■ Easy ■ Manageable ■ Difficult
Energy / alertness today	■ Low ■ Okay ■ Good
Physical activity / heat today	■ None ■ Light ■ Moderate ■ High

My Daily Check-In

■ I followed my planned routine as closely as practical.	■ I noticed when I was thirsty.
■ I avoided waiting until the end of the day to catch up.	■ I made water easy to access.

One thing I did well today:

_____

_____

What I can improve tomorrow:

_____

_____

Anything I want to remember about today:

_____

_____

Day 26

Date: _____ Day of week: _____

Water / fluids consumed today	_____
Times I drank water	■ Morning ■ Midday ■ Afternoon ■ Evening
I kept water accessible	■ Yes ■ Partly ■ No
Routine felt	■ Easy ■ Manageable ■ Difficult
Energy / alertness today	■ Low ■ Okay ■ Good
Physical activity / heat today	■ None ■ Light ■ Moderate ■ High

My Daily Check-In

■ I followed my planned routine as closely as practical.	■ I noticed when I was thirsty.
■ I avoided waiting until the end of the day to catch up.	■ I made water easy to access.

One thing I did well today:

_____

_____

What I can improve tomorrow:

_____

_____

Anything I want to remember about today:

_____

_____

Day 27

Date: _____ Day of week: _____

Water / fluids consumed today	_____
Times I drank water	■ Morning ■ Midday ■ Afternoon ■ Evening
I kept water accessible	■ Yes ■ Partly ■ No
Routine felt	■ Easy ■ Manageable ■ Difficult
Energy / alertness today	■ Low ■ Okay ■ Good
Physical activity / heat today	■ None ■ Light ■ Moderate ■ High

My Daily Check-In

■ I followed my planned routine as closely as practical.	■ I noticed when I was thirsty.
■ I avoided waiting until the end of the day to catch up.	■ I made water easy to access.

One thing I did well today:

_____

_____

What I can improve tomorrow:

_____

_____

Anything I want to remember about today:

_____

_____

Day 28

Date: _____ Day of week: _____

Water / fluids consumed today	_____
Times I drank water	■ Morning ■ Midday ■ Afternoon ■ Evening
I kept water accessible	■ Yes ■ Partly ■ No
Routine felt	■ Easy ■ Manageable ■ Difficult
Energy / alertness today	■ Low ■ Okay ■ Good
Physical activity / heat today	■ None ■ Light ■ Moderate ■ High

My Daily Check-In

■ I followed my planned routine as closely as practical.	■ I noticed when I was thirsty.
■ I avoided waiting until the end of the day to catch up.	■ I made water easy to access.

One thing I did well today:

_____

_____

What I can improve tomorrow:

_____

_____

Anything I want to remember about today:

_____

_____

Week 4 Mini-Review

My consistency this week	■ Needs work ■ Improving ■ Strong
Biggest obstacle	_____
One change for next week	_____

Day 29

Date: _____ Day of week: _____

Water / fluids consumed today	_____
Times I drank water	■ Morning ■ Midday ■ Afternoon ■ Evening
I kept water accessible	■ Yes ■ Partly ■ No
Routine felt	■ Easy ■ Manageable ■ Difficult
Energy / alertness today	■ Low ■ Okay ■ Good
Physical activity / heat today	■ None ■ Light ■ Moderate ■ High

My Daily Check-In

■ I followed my planned routine as closely as practical.	■ I noticed when I was thirsty.
■ I avoided waiting until the end of the day to catch up.	■ I made water easy to access.

One thing I did well today:

_____

_____

What I can improve tomorrow:

_____

_____

Anything I want to remember about today:

_____

_____

Day 30

Date: _____ Day of week: _____

Water / fluids consumed today	_____
Times I drank water	■ Morning ■ Midday ■ Afternoon ■ Evening
I kept water accessible	■ Yes ■ Partly ■ No
Routine felt	■ Easy ■ Manageable ■ Difficult
Energy / alertness today	■ Low ■ Okay ■ Good
Physical activity / heat today	■ None ■ Light ■ Moderate ■ High

My Daily Check-In

■ I followed my planned routine as closely as practical.	■ I noticed when I was thirsty.
■ I avoided waiting until the end of the day to catch up.	■ I made water easy to access.

One thing I did well today:

_____

_____

What I can improve tomorrow:

_____

_____

Anything I want to remember about today:

_____

_____

30-Day Reflection

Take a few minutes to look back at your tracker. Focus on what you learned about your routine and what you can realistically continue.

How consistent was I overall?	■ Beginning ■ Developing ■ Consistent ■ Very consistent
What made hydration easier for me?	_____ _____
What was my biggest obstacle?	_____ _____
Which routine or reminder worked best?	_____ _____
What will I continue for the next 30 days?	_____ _____

My Biggest Win

_____

_____

_____

My Next 30-Day Commitment

I will continue building a practical hydration routine that fits my lifestyle, while paying attention to my body's needs and following appropriate professional guidance when necessary.

Congratulations on completing your 30-day tracker!