

# HYDRATION GOALZ SHEET

PLAYER'S FITNESS  
& PERFORMANCE

My Daily Water Intake Goal (1/2 of my bodyweight in ounces)  
= \_\_\_\_\_ OZ.

Step  
1



If Goal Met

WEEK

1

2

3

4

M

OZ

T

OZ

W

OZ

Th

OZ

F

OZ

Sa

OZ

S

OZ

Step  
2



If goal was met 6/7 days

Step  
3

**MY REWARD  
WILL BE:**

Week

1

2

3

4

