



# Hydration Tracker

*Nourish your body from the inside out — by Zenova Wellness*

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*"Hydration is the simplest act of self-care you can do today."*

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Personalized for:

**Name:** [Your Name]  
**Month:** [Month / Year]  
**Week #:**  
**Location:** [Location]

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Welcome to your Zenova Wellness Hydration Tracker, [Your Name]. Water is at the heart of everything your body does — from powering your morning clarity to supporting digestion, sustaining your energy through a busy afternoon, and helping your skin feel its best. This tracker is your gentle, personal companion for tuning in to one of the most foundational wellness practices you have: staying hydrated.

By taking just a moment each day to notice and record your hydration habits, you begin to see powerful patterns — how drinking more water may support your focus, lift your mood, and help you feel more energised and present in your daily life. This is your practice, and every sip counts. Let's nourish your cells, one glass at a time. 🌊

### Intended Use

This tracker is designed to help you notice and celebrate your daily hydration habits. It is intended for personal wellness tracking purposes only and does not constitute medical advice. Always consult a qualified healthcare professional for any health concerns.

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# Hydration Basics — What You Need to Know

## Why Water Matters for Your Wellbeing

Your body is composed of roughly 60% water, and that water is working hard for you every single moment of the day. Staying well-hydrated may support a wide range of wellness areas — here's a quick look at what consistent hydration can do for you:

Wellness Area	How Hydration May Support It
<b>Energy &amp; Vitality</b>	Even mild dehydration may contribute to feelings of sluggishness and fatigue. Consistent water intake may help you feel more alert and energised throughout the day.
<b>Mental Clarity &amp; Focus</b>	Your brain is highly sensitive to fluid balance. Adequate hydration may support sharper thinking, better memory, and sustained concentration.
<b>Digestion &amp; Gut Comfort</b>	Water plays a key role in the digestive process, helping move food through your system comfortably and efficiently.

Wellness Area	How Hydration May Support It
<b>Skin &amp; Radiance</b>	Well-hydrated skin tends to appear more supple, clear, and luminous. Nourishing your cells from the inside out is one of the simplest skin-care habits you can build.
<b>Temperature Regulation</b>	Water helps your body manage heat — especially important during exercise, warm weather, or periods of stress.
<b>Joint &amp; Muscle Comfort</b>	Hydration may support cushioning in your joints and help muscles recover and function with greater ease.

## Estimating Your Personal Hydration Goal

While everyone's needs are unique, a commonly used wellness starting point for estimating daily water intake is **half your body weight in ounces**. For example, if you weigh 160 lbs, your general wellness target might be around 80 oz of water per day — adjusting upward for exercise, heat, or caffeine intake.

### My Personal Hydration Goal

My weight: \_\_\_\_\_ lbs

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Divided by 2 = \_\_\_\_\_ oz/day

Adjusted goal (exercise, climate, etc.): \_\_\_\_\_ oz/day

This is a general wellness estimate. Your healthcare provider can help you determine what's right for your body.

## Observable Signs of Hydration

Tune in to your body's signals — it often tells you a great deal about your hydration status. These are general, observable signs to help you notice how you feel:

Signs You May Be Well-Hydrated 	Signs You May Need More Water 
Urine is pale yellow to clear	Urine is dark yellow or amber
Energy feels consistent throughout the day	Mid-afternoon energy dips are frequent
Skin feels soft and plump	Skin feels dry or tight
Mind feels clear and focused	Difficulty concentrating or mental fog
Lips feel comfortable and moist	Lips feel dry or cracked
Digestion feels smooth and regular	Feeling sluggish or digestively uncomfortable
You feel generally refreshed in the morning	Waking with a dry mouth or mild headache

*Note: These are general wellness observations, not diagnostic criteria. If you have concerns about symptoms, please consult your healthcare professional.*

## Best Hydration Practices

- **Start with morning hydration:** Drinking 16 oz or more of water within 30 minutes of waking may help rehydrate your body after sleep and set a positive tone for the day.
- **Sip consistently, don't gulp:** Spreading your intake evenly throughout the day may support better absorption than drinking large amounts at once.
- **Hydrate before meals:** A glass of water before eating may support digestion and help you tune in to your hunger signals.

- **Balance electrolytes:** Plain water is wonderful, but electrolytes — sodium, potassium, and magnesium — help your cells absorb and retain fluid optimally, especially during exercise or sweating.
- **Count herbal teas and infused waters:** These count toward your daily intake and add variety and enjoyment to your hydration practice.
- **Be mindful of dehydrating beverages:** Coffee, alcohol, and high-sodium foods may increase your hydration needs. Offset each cup of coffee with an extra glass of water.
- **Hydrate before bed:** A small glass of water before sleep may help you stay hydrated overnight, without disrupting your rest.

 **Zenova Wellness Tip**

Adding a pinch of high-quality mineral salt or an electrolyte supplement to your water may support better cellular absorption and hydration balance. This is especially helpful after exercise, on warm days, or when you've consumed coffee or alcohol. Always consult a healthcare professional if you have specific health needs or conditions.

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 **Daily Hydration Log — 30 Days**

Use this log each day to tune in to your body, record your intake, and notice patterns over time. Fill in every field that feels relevant to your practice — no pressure, just awareness.

♥ Quick Urine Color Reference (General Wellness Guide)

Pale straw / light yellow = Well hydrated ✓

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Bright yellow = Drink more water 💧

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Dark yellow / amber = Significantly under-hydrated ⚠

Note: Certain supplements and foods may alter urine color. This is a general wellness reference only.

💧 Day 1

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Date: \_\_\_\_\_

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Day of Week: \_\_\_\_\_

Tracking Item	Your Entry
Water goal for the day (oz)	
Morning hydration (16+ oz within 30 min of waking?)	Y / N
Hourly water drop tracker — shade each 💧 as you drink a glass	💧 💧 💧 💧 💧 💧 💧 💧
Total oz consumed today	
Electrolytes added? Y / N Type:	
Herbal teas / infused water (type & amount)	

Tracking Item	Your Entry
Dehydrating beverages (coffee, alcohol — type & amount)	
How hydrated did I feel today? (1 = very dehydrated, 10 = perfectly hydrated)	1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10
Urine color check (pale / yellow / dark)	
Notes / observations	










 Day 2


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Date: \_\_\_\_\_

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Day of Week: \_\_\_\_\_

Tracking Item	Your Entry
Water goal for the day (oz)	
Morning hydration (16+ oz within 30 min of waking?)	Y / N
Hourly water drop tracker — shade each  as you drink a glass	       
Total oz consumed today	
Electrolytes added? Y / N Type:	
Herbal teas / infused water (type & amount)	
Dehydrating beverages (coffee, alcohol — type & amount)	
How hydrated did I feel today? (1–10)	1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10
Urine color check	
Notes / observations	


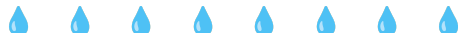
 Day 3


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Date: \_\_\_\_\_

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Day of Week: \_\_\_\_\_

Tracking Item	Your Entry
Water goal for the day (oz)	
Morning hydration (16+ oz within 30 min of waking?)	Y / N
Hourly water drop tracker — shade each  as you drink a glass	
Total oz consumed today	
Electrolytes added? Y / N Type:	
Herbal teas / infused water (type & amount)	
Dehydrating beverages (coffee, alcohol — type & amount)	
How hydrated did I feel today? (1–10)	1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10
Urine color check	
Notes / observations	



 Day 4

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Date: \_\_\_\_\_

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Day of Week: \_\_\_\_\_

Tracking Item	Your Entry
Water goal for the day (oz)	
Morning hydration (16+ oz within 30 min of waking?)	Y / N
Hourly water drop tracker — shade each  as you drink a glass	
Total oz consumed today	
Electrolytes added? Y / N Type:	
Herbal teas / infused water (type & amount)	
Dehydrating beverages (coffee, alcohol — type & amount)	
How hydrated did I feel today? (1–10)	1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10
Urine color check	
Notes / observations	



 Day 5


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Date: \_\_\_\_\_

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Day of Week: \_\_\_\_\_

Tracking Item	Your Entry
Water goal for the day (oz)	
Morning hydration (16+ oz within 30 min of waking?)	Y / N
Hourly water drop tracker — shade each  as you drink a glass	
Total oz consumed today	
Electrolytes added? Y / N Type:	
Herbal teas / infused water (type & amount)	
Dehydrating beverages (coffee, alcohol — type & amount)	
How hydrated did I feel today? (1–10)	1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10
Urine color check	
Notes / observations	

 Day 6

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Date: \_\_\_\_\_

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Day of Week: \_\_\_\_\_

Tracking Item	Your Entry
Water goal for the day (oz)	
Morning hydration (16+ oz within 30 min of waking?)	Y / N
Hourly water drop tracker	
Total oz consumed today	

Tracking Item	Your Entry
Electrolytes added? Y / N Type:	
Herbal teas / infused water	
Dehydrating beverages	
How hydrated did I feel today? (1–10)	1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10
Urine color check	
Notes / observations	


 Day 7


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Date: \_\_\_\_\_

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Day of Week: \_\_\_\_\_

Tracking Item	Your Entry
Water goal for the day (oz)	
Morning hydration (16+ oz within 30 min of waking?)	Y / N
Hourly water drop tracker	
Total oz consumed today	
Electrolytes added? Y / N Type:	
Herbal teas / infused water	
Dehydrating beverages	
How hydrated did I feel today? (1–10)	1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10
Urine color check	
Notes / observations	


 Day 8


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Date: \_\_\_\_\_

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Day of Week: \_\_\_\_\_

Tracking Item	Your Entry
Water goal for the day (oz)	
Morning hydration (16+ oz within 30 min of waking?)	Y / N
Hourly water drop tracker	
Total oz consumed today	
Electrolytes added? Y / N Type:	
Herbal teas / infused water	
Dehydrating beverages	
How hydrated did I feel today? (1-10)	1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10
Urine color check	
Notes / observations	


 Day 9


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Date: \_\_\_\_\_

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Day of Week: \_\_\_\_\_

Tracking Item	Your Entry
Water goal for the day (oz)	
Morning hydration (16+ oz within 30 min of waking?)	Y / N
Hourly water drop tracker	
Total oz consumed today	
Electrolytes added? Y / N Type:	
Herbal teas / infused water	
Dehydrating beverages	
How hydrated did I feel today? (1-10)	1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10
Urine color check	
Notes / observations	

 Day 10

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Date: \_\_\_\_\_

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Day of Week: \_\_\_\_\_

Tracking Item	Your Entry
Water goal for the day (oz)	
Morning hydration (16+ oz within 30 min of waking?)	Y / N
Hourly water drop tracker	
Total oz consumed today	

Tracking Item	Your Entry
Electrolytes added? Y / N Type:	
Herbal teas / infused water	
Dehydrating beverages	
How hydrated did I feel today? (1–10)	1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10
Urine color check	
Notes / observations	

## Days 11 – 20

*Continue your practice. Notice any patterns forming? Keep going — you're doing beautifully. 🌊*

Day	Date	Mornin g Hydrati on (Y/N)	Drops Comple ted (out of 8)	Total Oz	Electrol ytes (Y/N)	Hydrati on Score (1–10)	Urine Color	Notes
Day 11		Y / N	__ / 8		Y / N			
Day 12		Y / N	__ / 8		Y / N			
Day 13		Y / N	__ / 8		Y / N			
Day 14		Y / N	__ / 8		Y / N			
Day 15		Y / N	__ / 8		Y / N			
Day 16		Y / N	__ / 8		Y / N			
Day 17		Y / N	__ / 8		Y / N			
Day 18		Y / N	__ / 8		Y / N			
Day 19		Y / N	__ / 8		Y / N			
Day 20		Y / N	__ / 8		Y / N			

## Days 21 – 30

Home stretch! The last 10 days. What shifts have you noticed in your body, energy, and clarity? 

Day	Date	Morning Hydration (Y/N)	Drops Completed (out of 8)	Total Oz	Electrolytes (Y/N)	Hydration Score (1–10)	Urine Color	Notes
Day 21		Y / N	__ / 8		Y / N			
Day 22		Y / N	__ / 8		Y / N			
Day 23		Y / N	__ / 8		Y / N			
Day 24		Y / N	__ / 8		Y / N			
Day 25		Y / N	__ / 8		Y / N			
Day 26		Y / N	__ / 8		Y / N			
Day 27		Y / N	__ / 8		Y / N			
Day 28		Y / N	__ / 8		Y / N			
Day 29		Y / N	__ / 8		Y / N			
Day 30		Y / N	__ / 8		Y / N			

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## Hydration Habit Tracker — Monthly Grid

Use this calendar-style grid to record your total daily water intake in oz. At a glance, you'll see your hydration rhythm across the full month — and where you have the most opportunity to grow your practice.

**Color / Shade Coding Guide (shade the cell or mark with initials):**

■ Under Goal
■ Met Goal
■ Exceeded Goal

Fill in the oz total and shade or mark each cell according to the guide above.

<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>	<b>Day 4</b>	<b>Day 5</b>	<b>Day 6</b>	<b>Day 7</b>
___ OZ	___ OZ	___ OZ	___ OZ	___ OZ	___ OZ	___ OZ
<b>Day 8</b>	<b>Day 9</b>	<b>Day 10</b>	<b>Day 11</b>	<b>Day 12</b>	<b>Day 13</b>	<b>Day 14</b>
___ OZ	___ OZ	___ OZ	___ OZ	___ OZ	___ OZ	___ OZ
<b>Day 15</b>	<b>Day 16</b>	<b>Day 17</b>	<b>Day 18</b>	<b>Day 19</b>	<b>Day 20</b>	<b>Day 21</b>
___ OZ	___ OZ	___ OZ	___ OZ	___ OZ	___ OZ	___ OZ
<b>Day 22</b>	<b>Day 23</b>	<b>Day 24</b>	<b>Day 25</b>	<b>Day 26</b>	<b>Day 27</b>	<b>Day 28</b>
___ OZ	___ OZ	___ OZ	___ OZ	___ OZ	___ OZ	___ OZ
<b>Day 29</b>	<b>Day 30</b>					
___ OZ	___ OZ					

<b>Total oz this month:</b>	<b>Days goal was met:</b>	<b>Monthly average oz/day:</b>

## **Hydration vs. Wellness Correlation** — **Weekly Tables**


This section invites you to explore the connection between your hydration and how you feel across key wellness areas. Rate yourself each day using the scales provided — then look for patterns at the end of each week. You may be surprised by what you notice.

Scale key: Hydration Score 1–10 | Energy 1–10 | Mood 1–10 | Skin Feel 1–5 |

Digestion 1–5 | Focus 1–10

## Week 1 — Days 1 to 7


Day	Hydration Score (1-10)	Energy (1-10)	Mood (1-10)	Skin Feel (1-5)	Digestion (1-5)	Focus (1-10)	Notes
Day 1							
Day 2							
Day 3							
Day 4							
Day 5							
Day 6							
Day 7							
<b>Weekly Avg</b>							

 **Week 1 Reflection:** What do you notice about the relationship between your hydration and your wellbeing?

## Week 2 — Days 8 to 14


Day	Hydration Score (1-10)	Energy (1-10)	Mood (1-10)	Skin Feel (1-5)	Digestion (1-5)	Focus (1-10)	Notes
Day 8							
Day 9							
Day 10							

Day	Hydration Score (1-10)	Energy (1-10)	Mood (1-10)	Skin Feel (1-5)	Digestion (1-5)	Focus (1-10)	Notes
Day 11							
Day 12							
Day 13							
Day 14							
<b>Weekly Avg</b>							

 **Week 2 Reflection: Are you noticing any emerging patterns? What's working well in your practice?**


## Week 3 — Days 15 to 21

Day	Hydration Score (1-10)	Energy (1-10)	Mood (1-10)	Skin Feel (1-5)	Digestion (1-5)	Focus (1-10)	Notes
Day 15							
Day 16							
Day 17							
Day 18							
Day 19							
Day 20							
Day 21							
<b>Weekly Avg</b>							

 **Week 3 Reflection: How has your relationship with water shifted over the past three weeks?**

## Week 4 — Days 22 to 30

Day	Hydration Score (1-10)	Energy (1-10)	Mood (1-10)	Skin Feel (1-5)	Digestion (1-5)	Focus (1-10)	Notes
Day 22							
Day 23							
Day 24							
Day 25							
Day 26							
Day 27							
Day 28							
Day 29							
Day 30							
<b>Weekly Avg</b>							

 **Week 4 Reflection: As you complete your month, what is the most meaningful insight you've gained about your hydration practice?**

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# Hydration Challenges Log

Every wellness practice comes with its own set of real-life challenges. Use this section to honestly explore what gets in the way of your hydration — and to brainstorm strategies that actually work for *your* life.

Challenge	How Often?	Strategy Tried	Did It Help?	Notes
Forgetting to drink			Y / N / Partly	
Dislike of plain water			Y / N / Partly	
No access to water at work or on the go			Y / N / Partly	
Busy schedule / no time to pause			Y / N / Partly	
Preference for coffee or tea over water			Y / N / Partly	
Traveling / disrupted routine			Y / N / Partly	
Late-day headaches or fatigue			Y / N / Partly	
Digestive discomfort after drinking			Y / N / Partly	
Other:			Y / N / Partly	
Other:			Y / N / Partly	



## Solutions Brainstorm

Use this space to jot down ideas that might help you overcome your most common hydration challenges. There's no wrong answer — any strategy that nourishes your practice is a great one.

### Zenova Brainstorm Prompts

- What reminder, cue, or routine could trigger a sip of water for you?
- Is there a flavor, temperature, or vessel that makes water more appealing?
- Who in your life could support or join your hydration practice?
- What's one small change you could make tomorrow morning to start better?



## Hydration Boost Ideas — Reference Guide

Staying hydrated doesn't have to mean drinking plain water all day. These ideas are designed to make hydration more enjoyable, creative, and sustainable as a long-term practice — your way.

## Creative Ways to Increase Your Water Intake

- Keep a large, beautiful water bottle on your desk as a visual reminder
- Set gentle phone reminders every 60–90 minutes to take a few sips
- Drink a full glass of water before each meal and each cup of coffee
- Add sparkling water as a fun, refreshing alternative to still water
- Try a morning "hydration ritual" — warm lemon water or herbal tea upon waking
- Use a marked bottle with hourly targets to visualize your progress
- Pair water intake with existing habits: after brushing teeth, after a meeting, after any workout
- Eat water-rich foods like cucumber, celery, watermelon, strawberries, and leafy greens

## Infused Water Inspiration (General Wellness Ideas)

Infusion Idea	Key Ingredients	Flavor Profile	Best Time to Enjoy
Citrus & Mint	Lemon, orange slices, fresh mint	Bright, refreshing, zingy	Morning or mid-afternoon
Cucumber & Basil	Sliced cucumber, fresh basil	Calm, spa-like, green	Any time of day
Berry & Lavender	Mixed berries, dried lavender buds	Floral, sweet, calming	Evening wind-down
Ginger & Lemon	Fresh ginger slices, lemon, honey (optional)	Warming, energising, spiced	Morning or post-meal
Watermelon & Lime	Watermelon chunks, lime slices	Sweet, tropical, vibrant	Afternoon or post-exercise
Rosemary & Grapefruit	Fresh rosemary sprigs, grapefruit	Herbal, tart, sophisticated	Mid-morning or afternoon

Infusion Idea	Key Ingredients	Flavor Profile	Best Time to Enjoy
	slices		

## Best Times to Hydrate Through Your Day

Time of Day	Hydration Opportunity	Suggested Amount
Upon Waking	Rehydrate after sleep — your body has been without water for 6–8 hours	16–20 oz
Before Breakfast	A glass of water before eating may support digestion	8–12 oz
Mid-Morning	Consistent sipping keeps energy and focus supported	8–16 oz
Before Lunch	Hydrate before eating to tune in to hunger signals	8 oz
During Exercise	Replace fluids lost through perspiration; sip regularly rather than gulping	6–8 oz every 15–20 min
Mid-Afternoon	Counteract the afternoon dip — often a sign of mild dehydration	12–16 oz
Before Dinner	Support digestion and prevent overeating triggered by thirst	8 oz
Before Bed	A small amount may support overnight cellular hydration	4–8 oz

## Electrolyte-Rich Foods (General Nutrition Education)

Electrolytes are minerals that carry an electrical charge and play a key role in how your body uses water. Including electrolyte-rich foods in your diet may support your hydration practice:

- **Potassium:** Bananas, avocados, sweet potatoes, spinach, coconut water
- **Magnesium:** Dark leafy greens, pumpkin seeds, almonds, dark chocolate, legumes
- **Sodium:** Quality sea salt, olives, pickles, broth (particularly after exercise or sweating)
- **Calcium:** Dairy, fortified plant milks, broccoli, kale, almonds
- **Chloride:** Sea salt, tomatoes, lettuce, olives

### Zenova Supplement Note

Some Zenova products may support your hydration practice by providing targeted electrolyte and mineral support. We recommend tracking your supplement use alongside this tracker — use your Zenova Supplement Routine Tracker to log your full wellness regimen and observe how supplements and hydration work together in your practice.

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## Electrolyte & Mineral Log — Advanced Tracking

*This section is optional and designed for those who wish to go deeper into their hydration practice by monitoring electrolyte balance alongside water intake.*

## About Electrolytes & Hydration Balance

Electrolytes — including sodium, potassium, and magnesium — are essential minerals that help your cells absorb and retain water, support muscle function, and maintain fluid balance throughout your body. Drinking plenty of water is wonderful, but pairing it with adequate electrolytes may support how effectively your body actually uses that water at the cellular level. This log is intended to help you notice patterns and is not a substitute for personalised medical or nutritional guidance.

Day	Electrolyte Supplement Used	Electrolyte-Rich Foods Eaten	Sodium (noted?)	Potassium (noted?)	Magnesium (noted?)	How I Felt	Notes
Day 1			Y / N	Y / N	Y / N		
Day 2			Y / N	Y / N	Y / N		
Day 3			Y / N	Y / N	Y / N		
Day 4			Y / N	Y / N	Y / N		
Day 5			Y / N	Y / N	Y / N		
Day 6			Y / N	Y / N	Y / N		
Day 7			Y / N	Y / N	Y / N		

*Repeat this table for additional weeks as needed. Use the Notes & Reflections pages at the end of this tracker for extended entries.*

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# Weekly Hydration Reviews

At the end of each week, take 5 minutes with yourself and this tracker. Celebrate where you showed up, be curious about where you didn't, and choose one small, kind intention for the week ahead. This is your practice — and it's always a work in progress. 🌊

## Week 1 Review — Days 1 to 7

Review Question	Your Response
Average daily water intake this week (oz)	
Days goal was met	___ / 7
Best hydrated day & notes	
Hardest day to hydrate & why	
Pattern or insight noticed this week	
One improvement to try next week	

## Week 2 Review — Days 8 to 14

Review Question	Your Response
Average daily water intake this week (oz)	
Days goal was met	___ / 7
Best hydrated day & notes	
Hardest day to hydrate & why	
Pattern or insight noticed this week	
One improvement to try next week	

## Week 3 Review — Days 15 to 21

Review Question	Your Response
Average daily water intake this week (oz)	
Days goal was met	___ / 7
Best hydrated day & notes	
Hardest day to hydrate & why	
Pattern or insight noticed this week	
One improvement to try next week	

## Week 4 Review — Days 22 to 30

Review Question	Your Response
Average daily water intake this week (oz)	
Days goal was met	___ / 7
Best hydrated day & notes	
Hardest day to hydrate & why	
Pattern or insight noticed this week	
One improvement to carry forward into next month	

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# Monthly Hydration Summary — [Month / Year]

You've completed a full month of your hydration practice, [Your Name]. This is a meaningful commitment to yourself and your wellbeing. Take a moment to reflect on how far you've come, what you've noticed, and what you want to carry forward.

Summary Question	Your Response
Average daily intake for the month (oz)	
Days goal was met this month	___ / 30
Best hydrated week	Week 1 / Week 2 / Week 3 / Week 4
Most challenging week & what made it hard	
How my hydration habits have shifted since Day 1	
Key correlations noticed (energy, mood, focus, skin, digestion)	
The strategy that helped me most this month	
The biggest challenge I still want to work on	
My hydration commitments going forward	
One word to describe my hydration journey this month	

 **A note from Zenova Wellness:**

*"Every sip of water is a vote for the version of yourself who feels energised, clear-headed, and fully alive. You don't need to be perfect — you just need to keep showing up. We're so proud of you for making your hydration a practice this month. Here's to the next one. 💧"*

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## **Notes & Reflections — Page 1**

*Use these pages for anything that doesn't fit elsewhere — insights, emotions, goals, gratitude, or free-form hydration journaling. This is your space. 🌊*

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## Notes & Reflections — Page 2

*Continue your thoughts, plans, or journaling below. You may also use this space to sketch out next month's hydration goals. 💧*

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 Wellness Disclaimer

This tracker is for personal wellness tracking purposes only and does not constitute medical advice. The information and prompts contained in this document are designed to help you notice and support your personal hydration habits — they are not intended to diagnose, treat, cure, or prevent any disease or health condition. Individual hydration needs vary based on many factors including body weight, activity level, climate, medications, and overall health status.

Always consult a qualified healthcare professional before making significant changes to your diet, fluid intake, or supplement regimen, particularly if you have any existing health conditions, take medications, or have concerns about symptoms you are experiencing. The general wellness guidelines referenced in this document (such as the "half your body weight in ounces" estimate) are common wellness starting points and are not personalised medical recommendations.

Zenova Wellness products and this tracker are intended for general wellness support only. They are not evaluated by the Food and Drug Administration (FDA) and are not intended to diagnose, treat, cure, or prevent any disease.

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 *Zenova Wellness — Hydration Tracker | Personalized for [Your Name] | [Month/Year] | [Location]*  
*Nourish your body from the inside out.  | [zenovawellness.me](https://zenovawellness.me)*