

Daily Hydration & Energy Tracker

Instructions:

Use this sheet to track your hydration, meals, and general energy levels for one week. Patterns often reveal small habits that can make a big difference.

Day	Glasses of Water	Meals Eaten	Energy Level (1–5)	Notes
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

♦ Did You Know?

Dehydration is one of the most common — and most easily fixed — causes of low energy in older adults.