

# 30-Day X<sub>2</sub>O Hydration & Wellness Journal

Track your hydration habits, daily observations, and overall wellness experience.

💧 Use one line per day to record your water intake, daily rhythms, and how you feel.

*For personal wellness tracking only. This journal records your observations and does not diagnose or treat any condition.*

| Day / Date | X <sub>2</sub> O Water | Other Fluids | Energy AM | Energy PM | Clarity | Sleep | Movement | Notes |
|------------|------------------------|--------------|-----------|-----------|---------|-------|----------|-------|
| 1.         |                        |              |           |           |         |       |          |       |
| 2.         |                        |              |           |           |         |       |          |       |
| 3.         |                        |              |           |           |         |       |          |       |
| 4.         |                        |              |           |           |         |       |          |       |
| 5.         |                        |              |           |           |         |       |          |       |
| 6.         |                        |              |           |           |         |       |          |       |
| 7.         |                        |              |           |           |         |       |          |       |
| 8.         |                        |              |           |           |         |       |          |       |
| 9.         |                        |              |           |           |         |       |          |       |
| 10.        |                        |              |           |           |         |       |          |       |
| 11.        |                        |              |           |           |         |       |          |       |
| 12.        |                        |              |           |           |         |       |          |       |
| 13.        |                        |              |           |           |         |       |          |       |
| 14.        |                        |              |           |           |         |       |          |       |
| 15.        |                        |              |           |           |         |       |          |       |
| 16.        |                        |              |           |           |         |       |          |       |
| 17.        |                        |              |           |           |         |       |          |       |
| 18.        |                        |              |           |           |         |       |          |       |
| 19.        |                        |              |           |           |         |       |          |       |
| 20.        |                        |              |           |           |         |       |          |       |
| 21.        |                        |              |           |           |         |       |          |       |
| 22.        |                        |              |           |           |         |       |          |       |
| 23.        |                        |              |           |           |         |       |          |       |
| 24.        |                        |              |           |           |         |       |          |       |
| 25.        |                        |              |           |           |         |       |          |       |
| 26.        |                        |              |           |           |         |       |          |       |
| 27.        |                        |              |           |           |         |       |          |       |
| 28.        |                        |              |           |           |         |       |          |       |
| 29.        |                        |              |           |           |         |       |          |       |
| 30.        |                        |              |           |           |         |       |          |       |

♥ What am I noticing overall?