



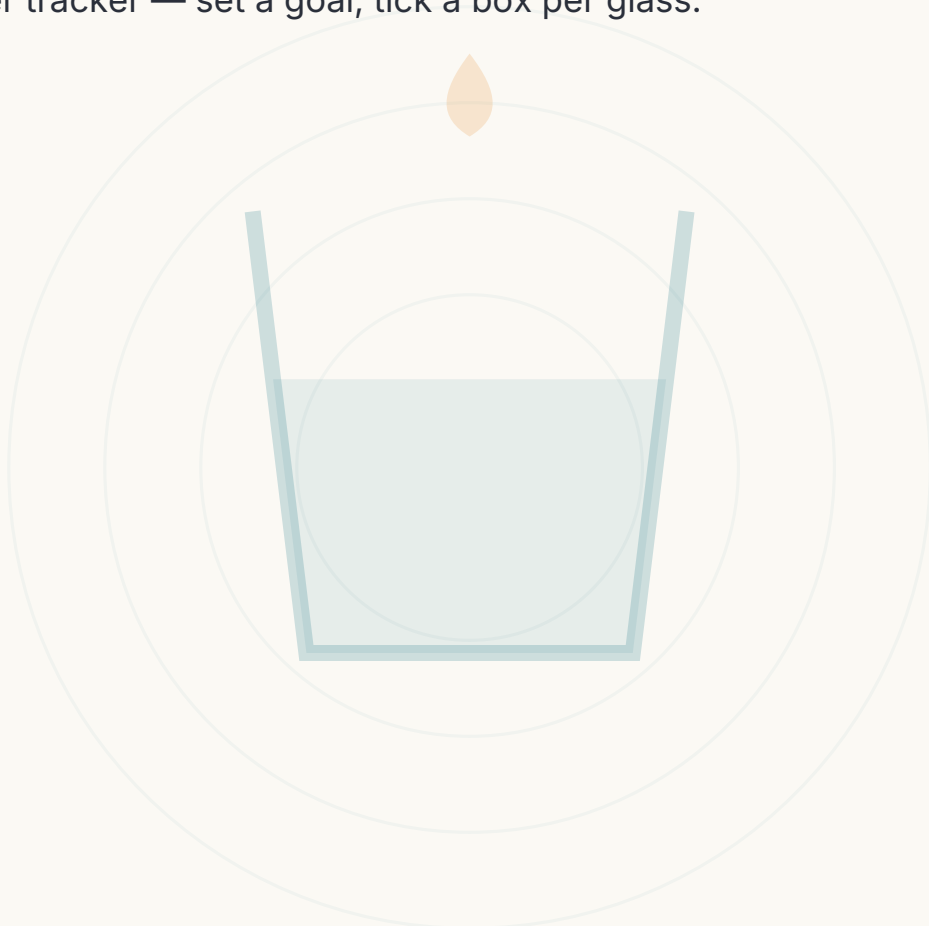
ARDENT WORKSHOP

AN ARDENT WORKSHOP PRODUCT

This Week — Hydration Starter

A free one-page weekly water tracker — set a goal, tick a box per glass.

Free · from Ardent Workshop



Drink your water this week — one page, no app

Pick a daily goal, then tick a box each time you drink and jot the day's total. Keep it on the fridge or the desk. A simple, no-math way to start the habit — and see, by Sunday, which days need a little help.

My daily goal (cups, ounces, liters, or milliliters — your choice)

This week

Day	Date	Tick one box per glass										Total
Monday												
Tuesday												
Wednesday												
Thursday												
Friday												
Saturday												
Sunday												

THIS IS ONE WEEK — THE TRACKER KEEPS IT GOING

This starter is a single week. The Hydration Tracker is where the habit takes hold: a live Dashboard that counts your current and longest streaks, your percent of days on goal, and a day-by-day chart for any month; an Insights tab that shows which weekday you drink least; and reference + printable guides — a workbook you own that works in Excel and Google Sheets. [Get it at ardentworkshop.com](https://ardentworkshop.com) >

A wellness starter for building a hydration habit — general information, not medical advice, a diagnosis, or a treatment plan, and it does not set a clinically correct intake target. Fluid needs vary; for a target that's right for you, ask a doctor or a registered dietitian. © Ardent Workshop LLC. Free to use; please don't resell or redistribute.