



Printable Hydration Tracker

for Seniors

A calm, easy-to-read printable for seniors and caregivers

How to Use This Tracker

Use one droplet or one checkbox for each cup or glass finished during the day. Most people find it easiest to keep the chart on the refrigerator, kitchen counter, or inside a health binder. If you are helping a parent, spouse, client, or patient, add a short note when you notice patterns such as lower intake in the afternoon, extra fluids on warm days, or reminders that worked well.

Helpful Tips

- Keep water in sight. A visible bottle, pitcher, or cup often makes it easier to remember.
- Track steadily. Small sips through the day often feel easier than trying to catch up late.
- Use the notes section. Write down anything that may affect hydration, such as warmer weather, outings, lower appetite, or medication timing.
- Follow medical guidance first. If a doctor has told you to limit fluids, use this tracker only as a general record.

Credits

Created by 60AndOver.net as a simple organizational resource for older adults, caregivers, and families who want a calmer way to keep hydration visible at home.

Disclaimer

This printable is for general educational and organizational use only. It is not medical advice and should not replace guidance from a healthcare professional. If you have concerns about dehydration, swelling, fluid restrictions, medications, or sudden changes in health, speak with your doctor or care team.

Weekly Hydration Tracker

for Seniors & Caregivers

Use one droplet or one small check mark for each cup or glass finished.

Name: _____ Week of: _____ Daily goal: _____

Day	1	2	3	4	5	6	7	8	9	10
Monday	○	○	○	○	○	○	○	○	○	○
Tuesday	○	○	○	○	○	○	○	○	○	○
Wednesday	○	○	○	○	○	○	○	○	○	○
Thursday	○	○	○	○	○	○	○	○	○	○
Friday	○	○	○	○	○	○	○	○	○	○
Saturday	○	○	○	○	○	○	○	○	○	○
Sunday	○	○	○	○	○	○	○	○	○	○

Weekly Notes

Tip: Use this area for reminders, lower-intake times, warmer weather, or anything that helped.