**💧 Trinkprotokoll**

**Datum: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

| **Uhrzeit** | **Getränk** | **Menge (ml)** | **Bemerkungen (z. B. Durst, Stimmung)** |
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**Tagesziel:** \_\_\_\_\_\_ ml  
**Gesamte getrunkene Menge:** \_\_\_\_\_\_ ml