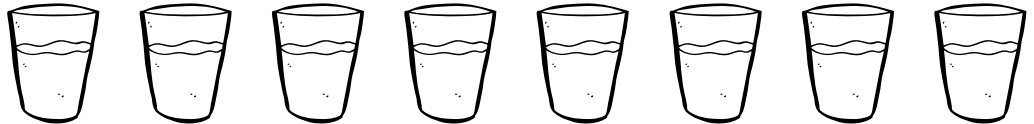


**WEEKLY**

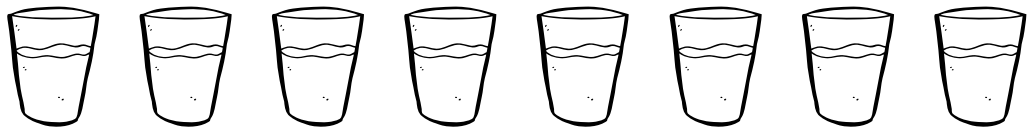
# HYDRATION TRACKER

Shade each cup for every 12 ounces of water you drink.

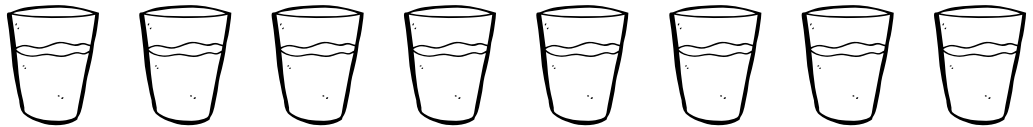
**MON**



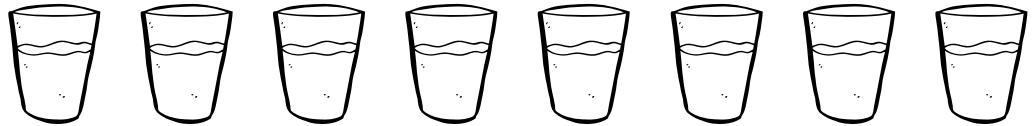
**TUE**



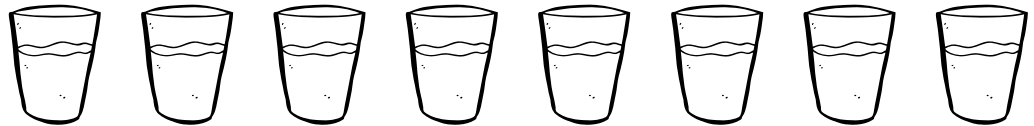
**WED**



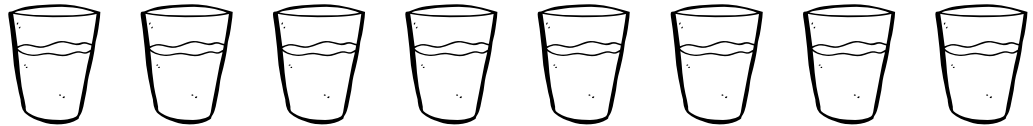
**THU**



**FRI**



**SAT**



**SUN**

