

Track your daily water intake and stay refreshed and energised.

DATE: _____

Mon									
Tues									
Wed									
Γhurs									
Fri									
Sat									
Sun	\square	M	M	$\overline{\Box}$	$\overline{\Box}$	$\overline{\Box}$	M	$\overline{\Box}$	M

"Drink a glass of water first thing in the morning, and with every meal."