HYDRATE AND FEEL GREAT!

Year	Mon	Tues	Weds	Thurs	Fri	Total
		\diamond	\diamond	\diamond	\diamond	
	\diamond	\diamond	\diamond	\diamond	\diamond	
		\diamond	\diamond	\diamond	\diamond	
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= 1 bottle or cup

Keep a total for each week and email it to Mrs Hogan or pass it on through your Helping Hand