## HYDRATE AND FEEL GREAT!

| Year _- | Mon | Tues | Weds | Thurs | Fri | Total |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | 0 | 0 | 0 | 0 | 0 |  |
|  | 0 | 0 | 0 | 0 | 0 |  |
|  | 0 | 0 | 0 | 0 | 0 |  |
|  | 0 | 0 | 0 | 0 | 0 |  |
|  | 0 | 0 | 0 | 0 | 0 |  |
|  | 0 | 0 | 0 | 0 | 0 |  |
|  | 0 | 0 | 0 | 0 | 0 |  |
|  | 0 | 0 | 0 | 0 | 0 |  |
|  | 0 | 0 | 0 | 0 | 0 |  |
|  | 0 | 0 | 0 | 0 | 0 |  |
|  | 0 | 0 | 0 | 0 | 0 |  |
|  | 0 | 0 | 0 | 0 | 0 |  |
|  | 0 | 0 | 0 | 0 | 0 |  |
|  | 0 | 0 | 0 | 0 | 0 |  |
|  | 0 | 0 | 0 | 0 | 0 |  |
|  | 0 | 0 | 0 | 0 | 0 |  |
|  | 0 | 0 | 0 | 0 | 0 |  |
|  | 0 | 0 | 0 | 0 | 0 |  |
|  | 0 | 0 | 0 | 0 | 0 |  |
|  | 0 | 0 | 0 | 0 | 0 |  |
|  | 0 | 0 | 0 | 0 | 0 |  |


$=1$ bottle or cup
Keep a total for each week and email it to Mrs Hogan or pass it on through your Helping Hand

