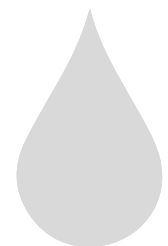


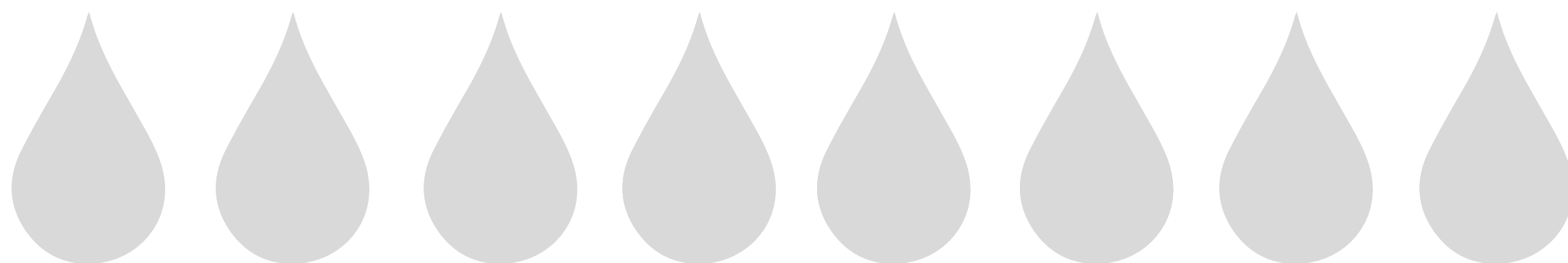
HYDRATION TRACKER



= 1 cup of water, tea,
or plant milk

Check the water droplets as you go

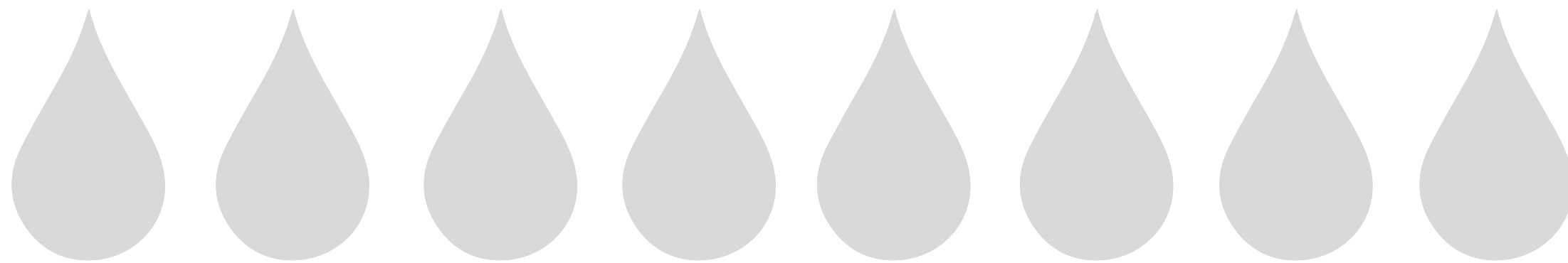
MONDAY



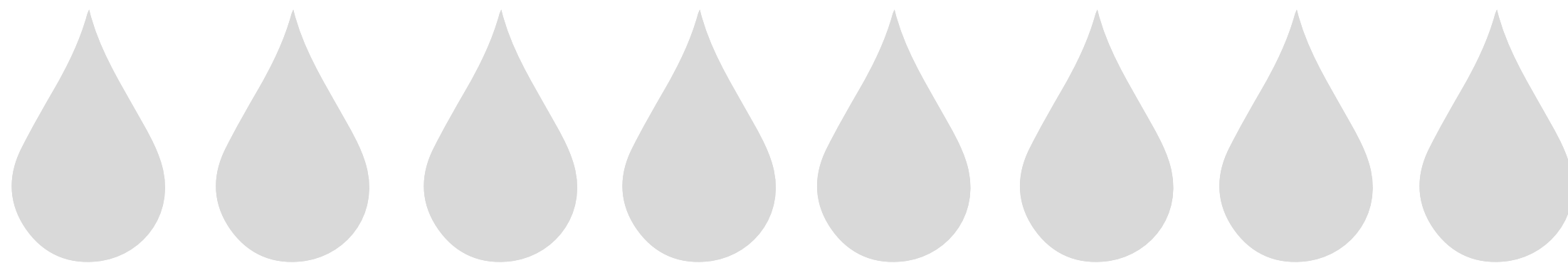
TUESDAY



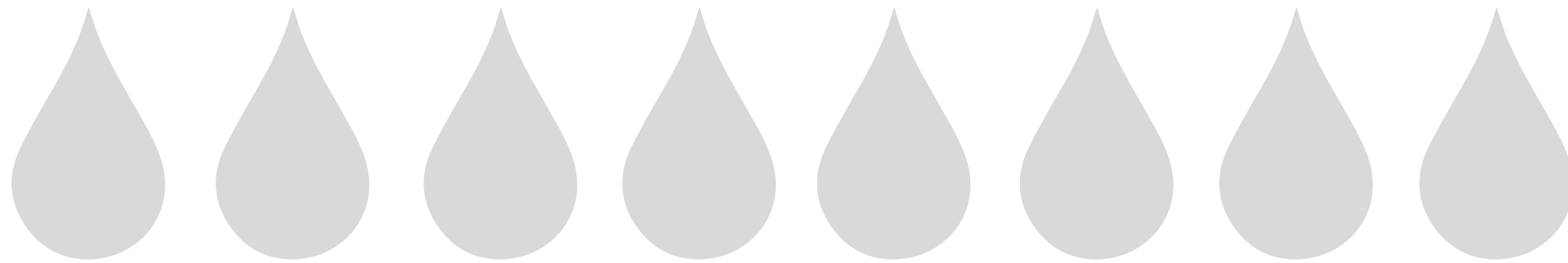
WEDNESDAY



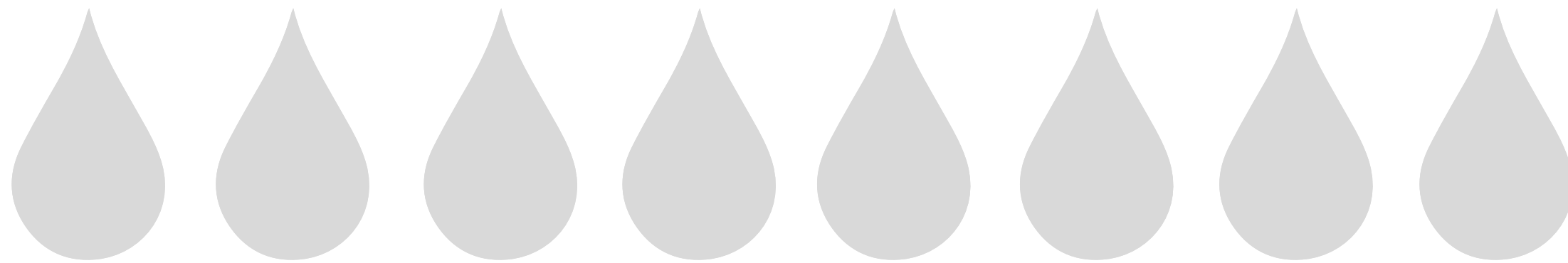
THURSDAY



FRIDAY



SATURDAY



SUNDAY

