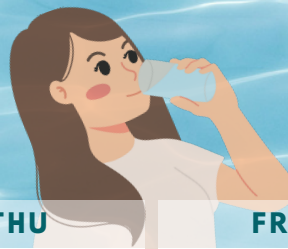


Month: \_\_\_\_\_



# DRINK WATER

HOW

MON	TUE	WED	THU	FRI	SAT	SUN
<input type="checkbox"/> <b>DRINK 12 GLASSES A DAY</b>	<input type="checkbox"/> <b>DRINK LUKEWARM WATER</b>	<input type="checkbox"/> <b>SIT WHILE DRINKING</b>	<input type="checkbox"/> <b>DRINK SLOWLY</b>	<input type="checkbox"/> <b>NONE 2 HOURS BEFORE BED</b>	<input type="checkbox"/> <b>AVOID WHILE EATING</b>	<input type="checkbox"/> <b>FIRST CUP IS WARM WATER</b>

WHY

<input type="checkbox"/> <b>PREVENT DEHYDRATION</b>	<input type="checkbox"/> <b>MAINTAIN BALANCE OF FLUIDS</b>	<input type="checkbox"/> <b>CONTROLS CALORIE INTAKE</b>	<input type="checkbox"/> <b>ENERGIZES MUSCLES</b>	<input type="checkbox"/> <b>KEEPS SKIN FROM DRYING OUT</b>	<input type="checkbox"/> <b>HELPS YOUR KIDNEYS</b>	<input type="checkbox"/> <b>MAINTAINS BOWEL FUNCTION</b>
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WHAT

<input type="checkbox"/> <b>ADD LEMON, LIME OR ORANGE</b>	<input type="checkbox"/> <b>ADD CUCUMBER SLICES</b>	<input type="checkbox"/> <b>ADD MINT, BASIL, OR GINGER</b>	<input type="checkbox"/> <b>DRINK SPARKLING WATER</b>	<input type="checkbox"/> <b>ADD BERRIES OR WATERMELON</b>	<input type="checkbox"/> <b>DRINK HERBAL TEAS</b>	<input type="checkbox"/> <b>DRINK BROTH WATER</b>
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WHEN

<input type="checkbox"/> <b>DRINK UPON WAKING</b>	<input type="checkbox"/> <b>DRINK BEFORE A MEAL</b>	<input type="checkbox"/> <b>DRINK TO REPLACE A SNACK</b>	<input type="checkbox"/> <b>DRINK WHEN YOU HAVE A HEADACHE</b>	<input type="checkbox"/> <b>DRINK BEFORE AND AFTER EXERCISING</b>	<input type="checkbox"/> <b>DRINK EVERY 2 HOURS</b>	<input type="checkbox"/> <b>DRINK DURING A TRANSITION IN YOUR DAY</b>
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WHICH

<input type="checkbox"/> <b>TAP WATER</b>	<input type="checkbox"/> <b>FILTERED WATER</b>	<input type="checkbox"/> <b>BOTTLED WATER</b>	<input type="checkbox"/> <b>ADD ELECTROLYTES</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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