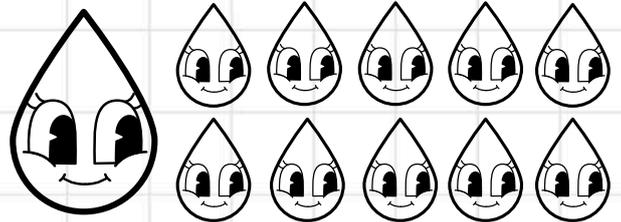
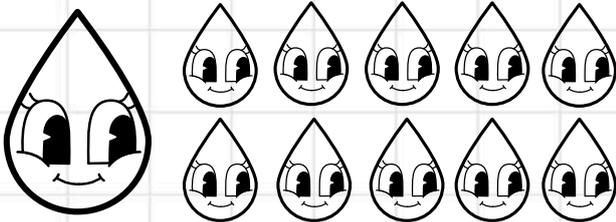
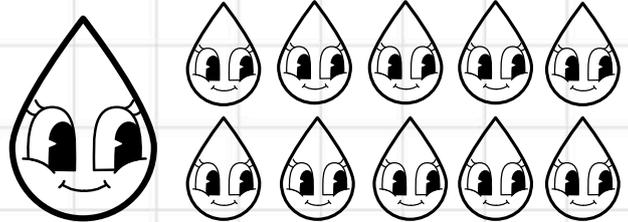
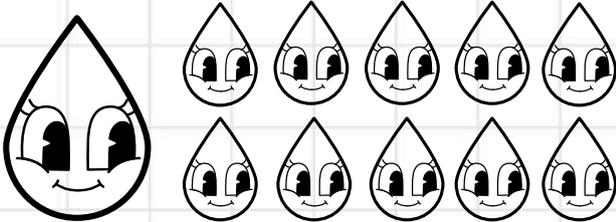
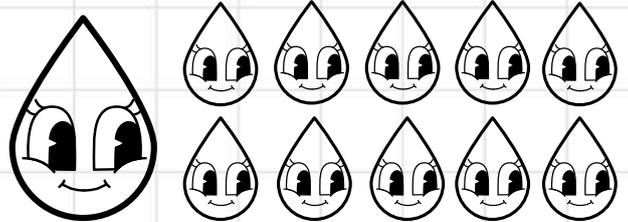
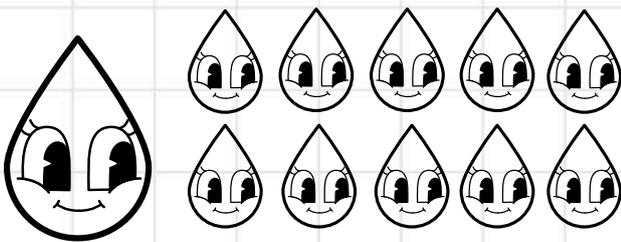
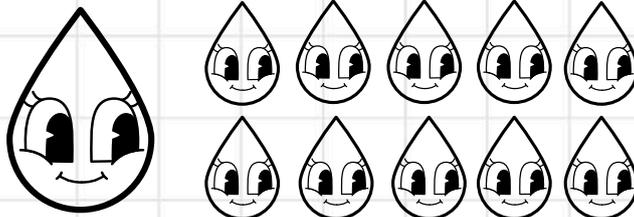




# HYDRATION HERO.....



# WATER TRACKER



How do you feel when you have drunk plenty of water?

Did you change any of your drinks? What did you change?

How are you going to keep up your water intake from now on? What helps you most?

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