

Water CHART

WEEK
1

"ALMOST EVERYTHING WILL
WORK AGAIN IF YOU UNPLUG IT FOR
A FEW MINUTES, INCLUDING YOU."

— ANNE LAMOTT

MON



TUE



WED



THU



FRI



SAT



SUN



DRINKING WATER PROMOTES:

PREVENTS HEADACHES • BETTER MOOD • MORE ENERGY • BETTER DIGESTION
HEALTHY SKIN • WEIGHT LOSS • HIGH METABOLISM

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