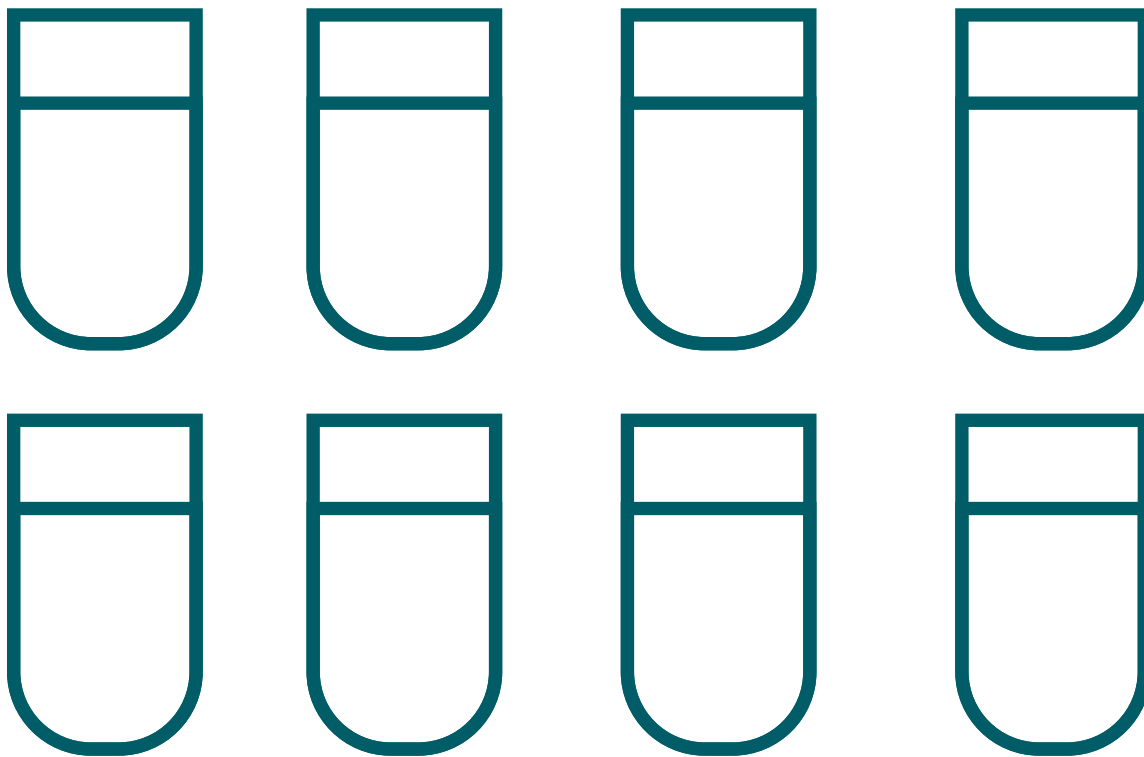


# THE IMPORTANCE OF WATER

# WATER LOG

## TRACK YOUR WATER INTAKE



Color in 1 cup for every glass of water you drink.

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