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| HYDRATE!  Use this calendar to record your progress. You may have the goal of a certain number of oz or less soda, whatever your goal, keep track here! |  |
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| --- | --- | --- | --- | --- | --- | --- |
| Sun. | Mon. | Tue. | Wed. | Thu. | Fri. | Sat. |
|  |  |  |  | 30 | 31 | 1 |
|  |  |  |  | START! |  |  |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|  |  |  |  |  |  |  |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
|  |  |  |  |  |  |  |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
|  |  |  | YOU DID IT! |  |  |  |
| 23 | 24 | 25 | 26 |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

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| HYDRATE | Every single cell in your body depends on **water** to operate properly (not drinks laden with sugar, caffeine or other ingredients)! You can survive a month without food, but only about 3 days without water. |