






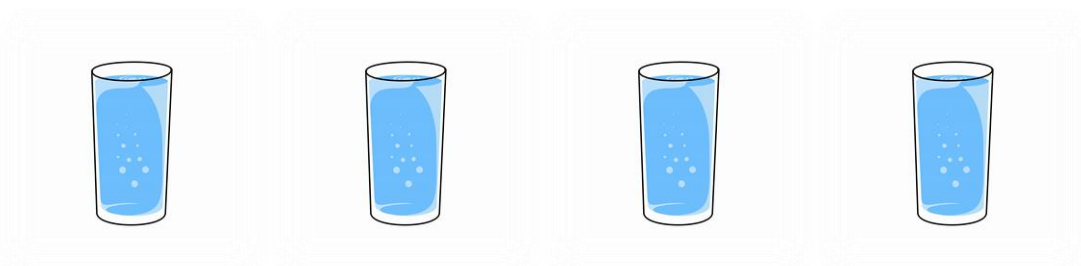


DID YOU DRINK YOUR WATER TODAY?

DAY	1 CUP	2 CUPS	3 CUPS	4 CUPS	5 CUPS	6 CUPS	7 CUPS	8 CUPS	GOAL MET?
MONDAY									
TUESDAY									
WEDNESDAY									
THURSDAY									
FRIDAY									
SATURDAY									
SUNDAY									

1 CUP = 8 OUNCES

MINIMUM GOAL OUNCES = BODY WEIGHT x 0.5



THIS WEEK'S REWARD: _____