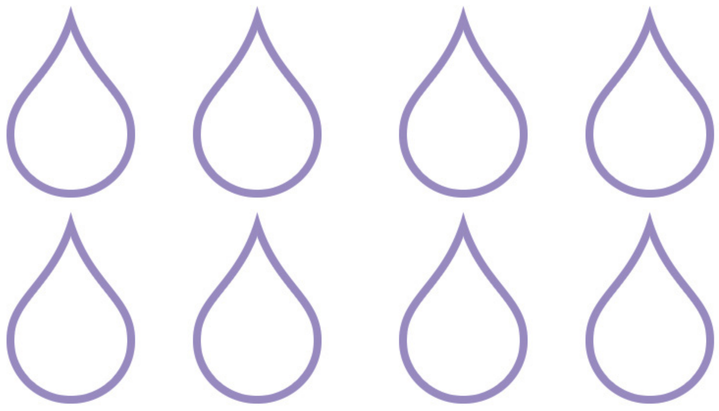
DAILY **WATER TRACKER**

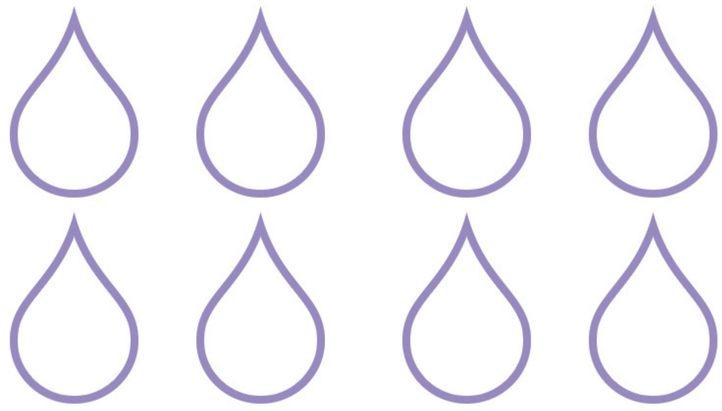
INSTRUCTIONS: Fill in a drop for each glass you drink

GOAL: Finish the week with all your drops filled

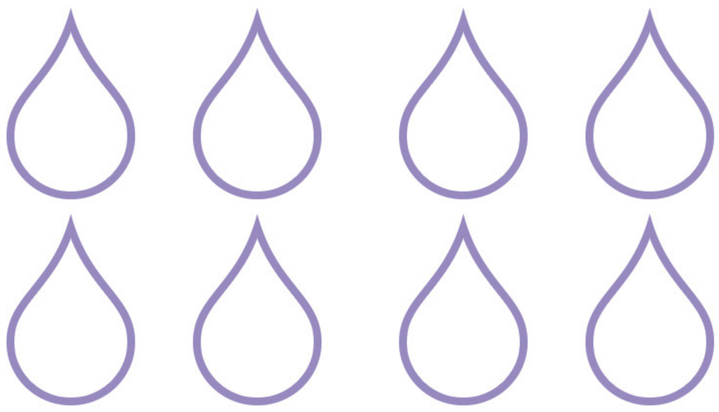
SUNDAY



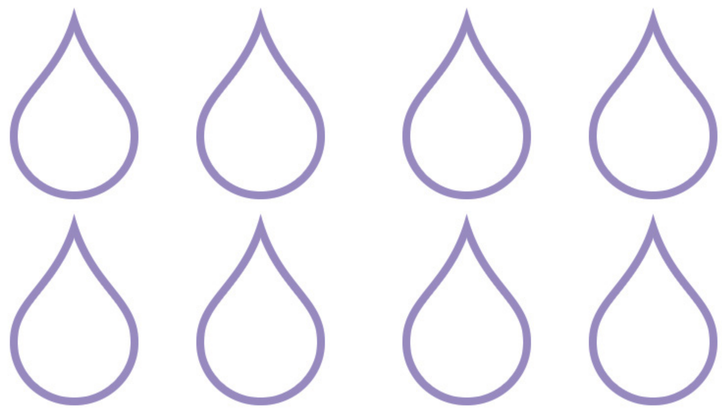
MONDAY



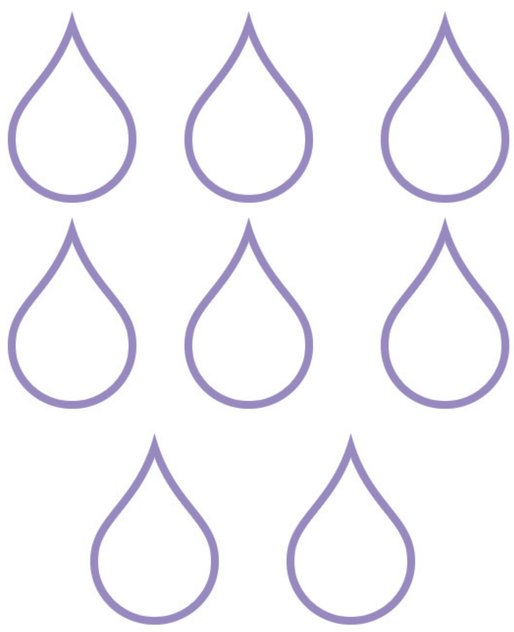
TUESDAY



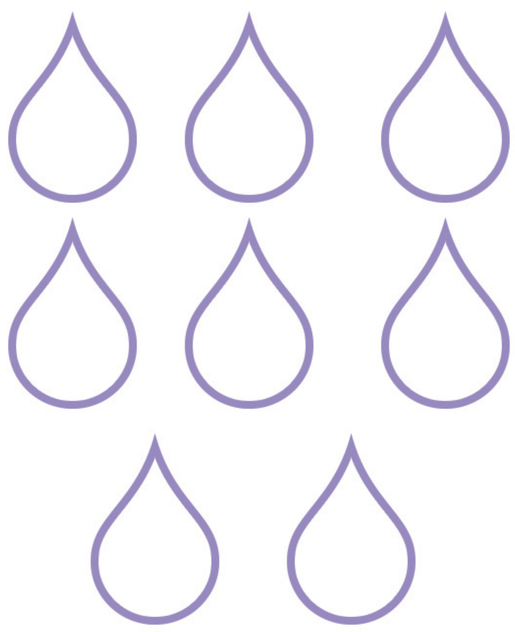
WEDNESDAY



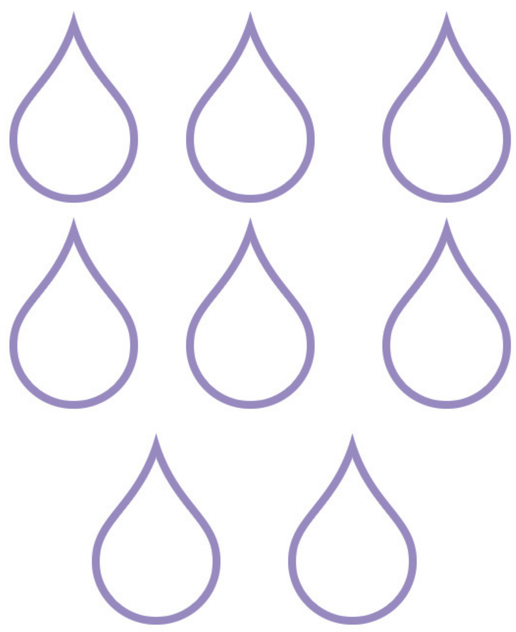
THURSDAY



FRIDAY



SATURDAY



EAT WELL | PLAY WELL

WWW.ICYF.ORG