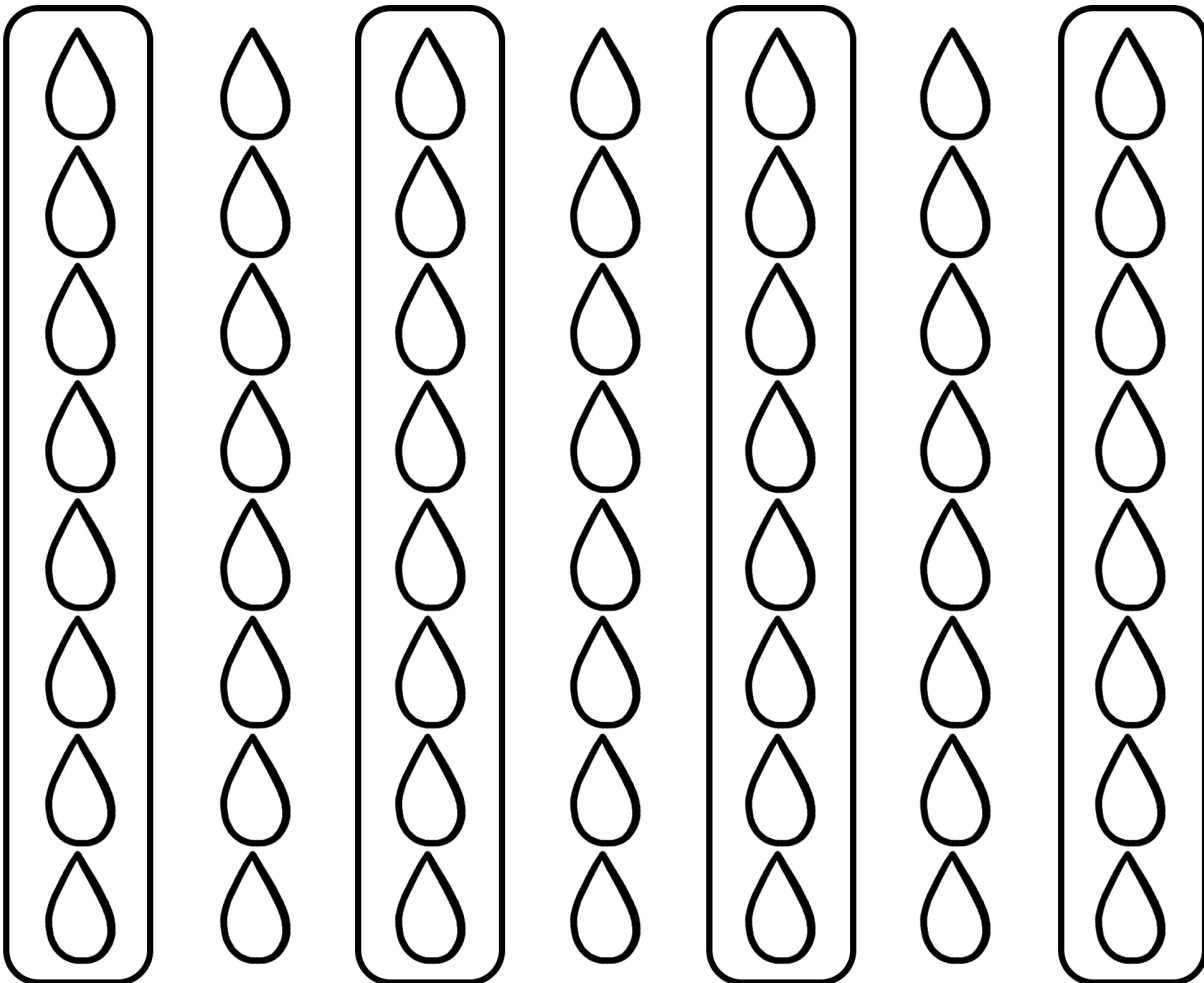
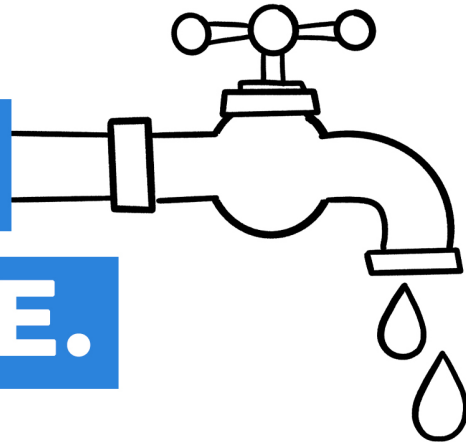


HYDRATE.


HYDRATE.

HYDRATE.



Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Week of _____ to _____

 = 8 oz cup of water

**YOU
CAN**