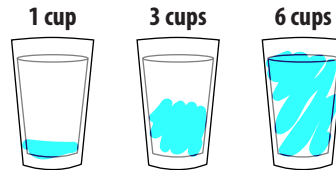


Water Does Wonders!

I pledge to make water my drink of choice for 30 days in a row, and drink less juice & pop. Every day, I will try to drink at least 6 cups of water.

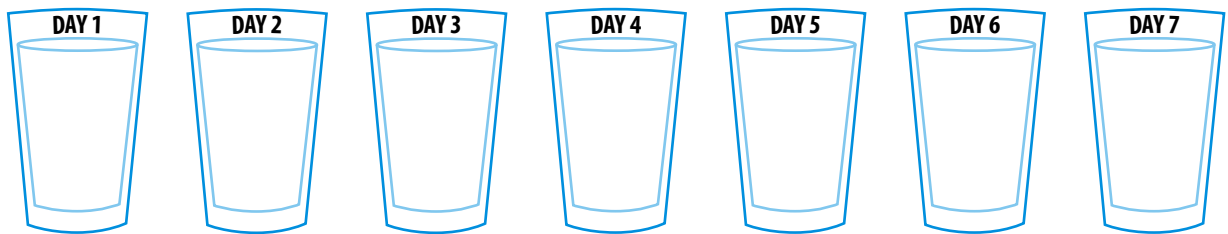
Every day, colour in each glass based on how much water you drink.

For example:

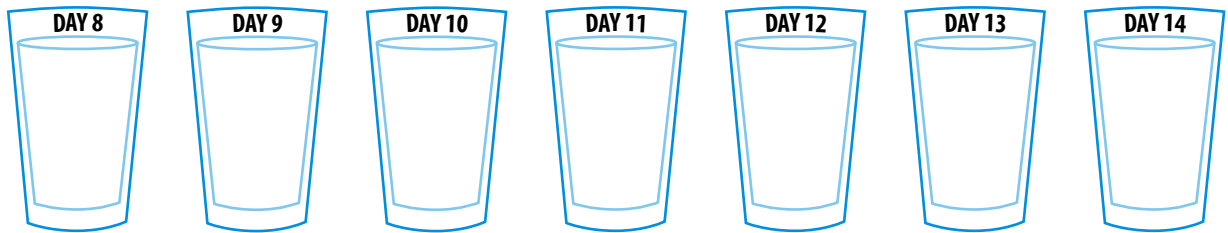


Name: _____

WEEK 1

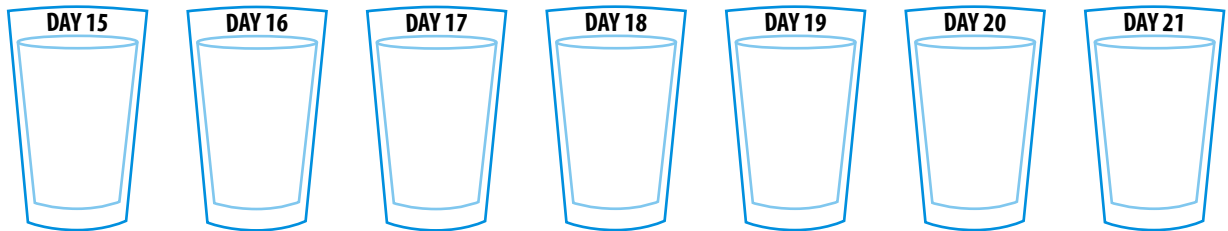


WEEK 2

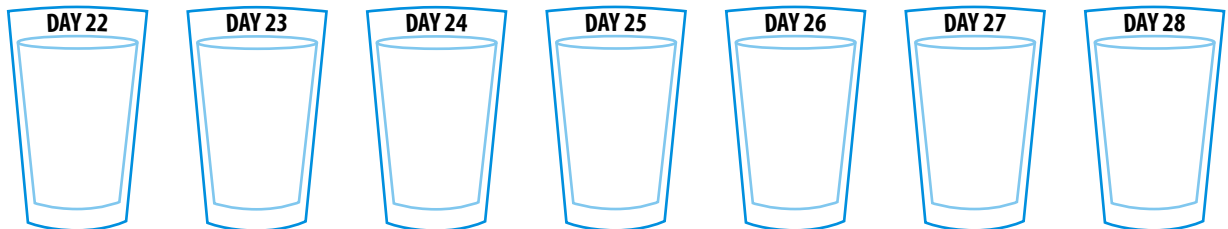


HALFWAY THERE - KEEP GOING!

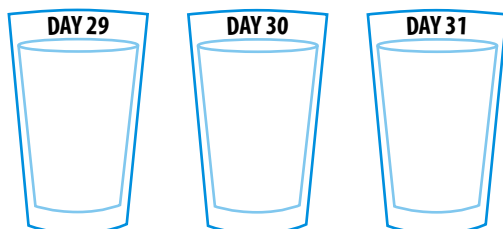
WEEK 3



WEEK 4



WEEK 4



YAY!

**YOU DID IT!
CONGRATULATIONS!**

