

MY HYDRATION PLAN — Remember water, fruits and vegetables are all excellent sources of water

MONDAY

<p>Fruits – Try to eat 3 servings per day. Write the color!!</p> <hr/> <hr/> <hr/> <p>Vegetables – Try to eat 3 servings per day. Write the color!!</p> <hr/> <hr/> <hr/>	<p>Water – Try to drink 8 cups per day! Check off one box for each cup.</p> <table border="1"> <tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr> <tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr> <tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr> <tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr> </table>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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TUESDAY

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WEDNESDAY

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THURSDAY

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FRIDAY

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