essentia
overachieving H_2O

STOP FOR NOTHING

MONTHLY HABIT TRACKER

HABITS: MONTH: YEAR:

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
DAILY HYDRATION																															

If you start today:
In 2 weeks, you'll feel it.
In 4 weeks, you'll see it.
In 8 weeks, people will notice.

KEEP GOING. YOU'VE GOT THIS.

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HYDRATION HACKS

TIP #1
Drink the right amount of water for your body weight.

TIP #2
Hydrate before each meal.

TIP #3
Have water with you in high-stress times or places.