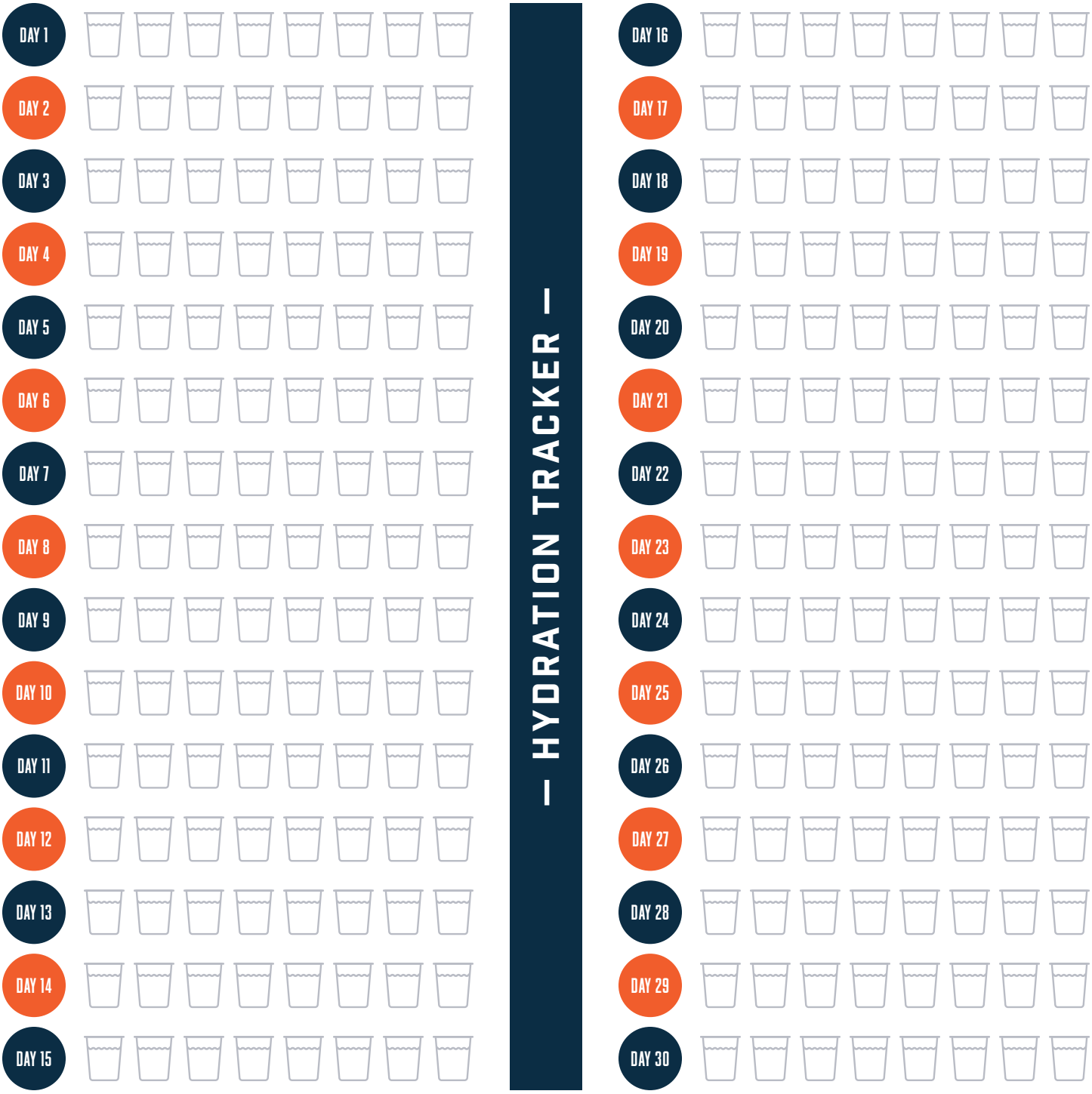
THIRSTY 30

KEY NUTRIENTS
PURVEYORS OF HEALTH AND HAPPINESS

YOUR GOAL? EIGHT CUPS OF WATER PER DAY FOR 30 STRAIGHT DAYS. › Fill in your cups as you go to keep track of your progress, and remember: one cup is eight ounces, so aim for 64 ounces total. › **DRINK UP!**

— HYDRATION TRACKER —