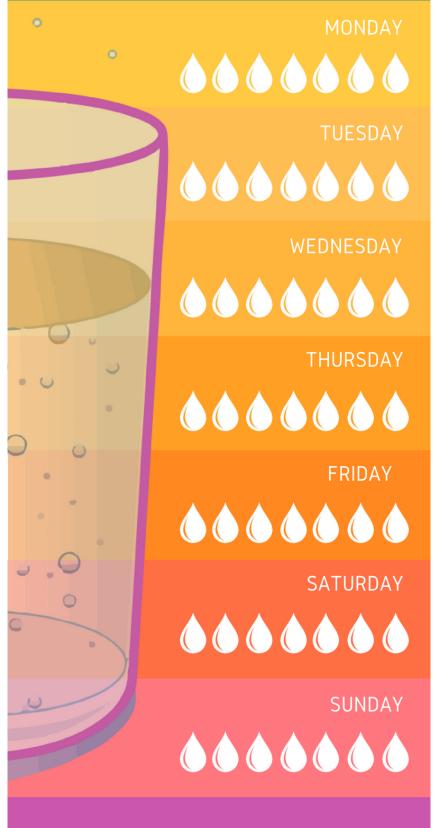


WATER TRACKER

FILL IN THE WATER DROP AFTER EACH 8 OZ GLASS OF WATER



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WATER MOTIVATION

HYDRATING AT THE CORRECT TIME MAXIMIZES ITS EFFECTIVENESS



1 GLASS

30 MINUTES BEFORE EVERY MEAL helps digestion

1 GLASS



BEFORE BATH OR SHOWER

helps lower blood pressure

1 GLASS



BEFORE GOING TO BED

avoid stroke & heart attack

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