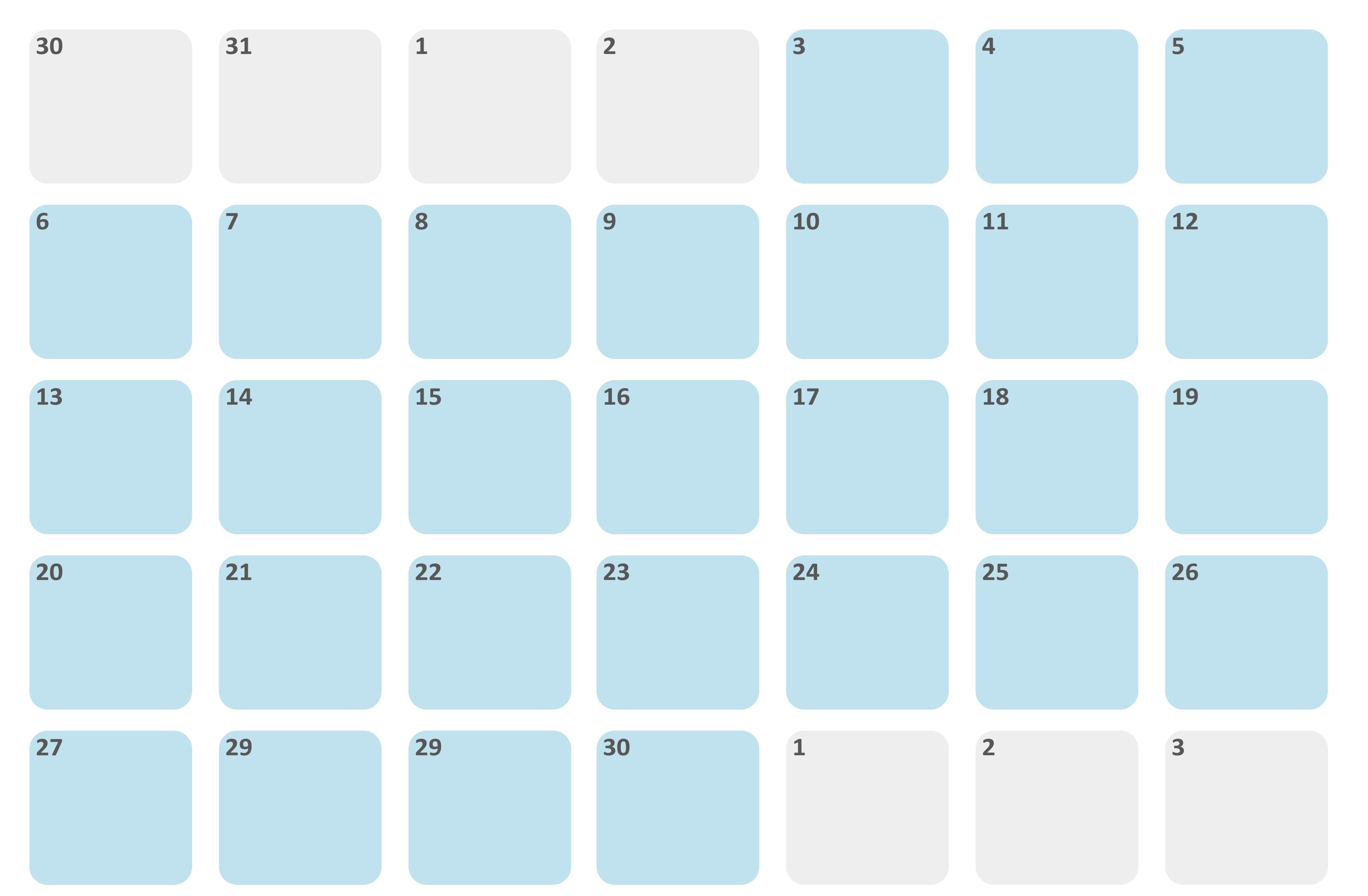


THIRSTY FOR SUMMER?

J U N



- Use this calendar to track your progress throughout the month!
- Each day, take a moment to note down:
 - whether or not you have completed your water in-take challenge
 - how hard or easy you found it
 - some notes about how you're feeling



