DAILY WATER INTAKE

SUNDAY				
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				

Tracking water intake can be both fun and effective. There are also several water tracking apps that you could download, or you could invest in a smart water bottle that syncs with your phone, tracks your water, and even glows to remind you to drink.

PMR CLINIC at JOHNSON MEMORIAL HEALTH

WEEK

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