### MY HYDRATION PLAN — Remember water, fruits and vegetables are all excellent sources of water

### MONDAY

### THESDAY

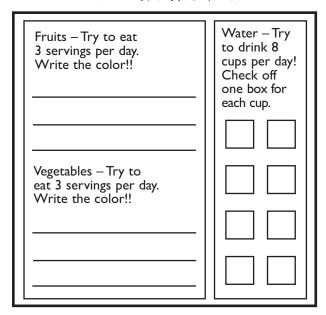
# WEDNESDAY

Fruits – Try to eat 3 servings per day. Write the color!!	Water – Try to drink 8 cups per day! Check off one box for each cup.
Vegetables – Try to eat 3 servings per day. Write the color!!	

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## THURSDAY





### TRIDAY