

# STAY HYDRATED!

# MOTIVATED MONDAYS

A YEAR OF MINI RESOLUTIONS

Use the calendar below to log how many cups of water you drink each day. Be mindful of the color of your urine! Continue to log your exercise, sleep and sugar intake.

DAY	EXERCISE	SLEEP	SUGAR	WATER
6/10				
6/11				
6/12				
6/13				
6/14				
6/15				
6/16				
WEEK 1 TOTALS				
6/17				
6/18				
6/19				
6/20				
6/21				
6/22				
6/23				
WEEK 2 TOTALS				
6/24				
6/25				
6/26				
6/27				
6/28				
6/29				
6/30				
WEEK 3 TOTALS				

DAY	EXERCISE	SLEEP	SUGAR	WATER
7/1				
7/2				
7/3				
7/4				
7/5				
7/6				
7/7				
WEEK 4 TOTALS				

CONCIERGE  
CHOICE PHYSICIANS

