

HEALTH

1



2



3



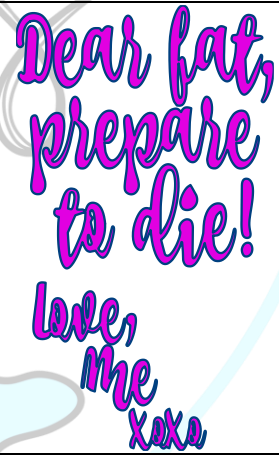
4



5



6



7



8



HEALTH

9

NOTHING
WORTH HAVING WAS EVER ACHIEVED
WITHOUT *effort*

10

*Let's
do
this!*

11

train
like a **BEAST**

look like a
BEAUTY

TRAIN
INSANE

OR REMAIN THE
SAME

12

MUSCLES
and *mascara*

13

14

The
difference
between
TRY and **TRIUMPH**
is that
little
Umph

HEALTH: CANCER SUPPORT

1

A
Cure
WORTH
Fighting
FOR

2



3

faith
hope
cure

4

FAITH
over
FEAR

5

FIGHT
BELIEVE
HOPE
SURVIVE

6

Find
a
CURE

7

GIVE
Cancer
the
Boot

8

I'M A
Survivor

HEALTH: CANCER SUPPORT

9


IN OCTOBER
WE WEAR
 Pink

10

LOVE

HOPE
CURE

11


TACKLE
BREAST
CANCER

12

A
Cure 
worth
FIGHTING
FOR  

13



14



15



16

Be  lieve

HEALTH: CANCER SUPPORT

17



18



19



20



21



22



23



24



HEALTH: CANCER SUPPORT

25

I'm a
Fighter 

26

I'm a
Survivor 

27

in
OCTOBER
we wear
pink 

28

Live
Love
FIGHT

29

Love 

30

nobody  **FIGHTS**
alone 

31

Pink
IS MY
POWER
COLOR 

32

Refuse

To Sink


HEALTH: CANCER SUPPORT





HEALTH: WATER TRACKERS


1


BE THE BEST VERSION OF YOU




8 AM  2 PM

9 AM  3 PM


10 AM  4 PM

11 AM  5 PM


12 PM  6 PM


REFILL!


2





CAN'T BE A Mermaid WITHOUT Water

8AM  2PM

9AM  3PM

10AM  4PM

11AM  5PM


12PM  6PM

REFILL


3


Dabbing for Water




8 AM  2 PM

9 AM  3 PM

10 AM  4 PM

11 AM  5 PM

12 PM  6 PM

Repeat!

4

GREAT START 

KEEP GOING 


A LITTLE MORE 


ALMOST THERE 


YEAH, NOW 


DO IT AGAIN!


5


DON'T BE AN  DRINK YOUR WATER

8AM  2PM

9AM  3PM

10AM  4PM

11AM  5PM

12PM  6PM

REFILL!

6



FORGET TO DRINK YOUR water

8AM  2PM

9AM  3PM

10AM  4PM

11AM  5PM

12PM  6PM

REFILL

7

DRINK YOUR *effing* WATER

8AM  2PM

9AM  3PM

10AM  4PM


11AM  5PM


12PM  6PM


REFILL


8


DRINK YOUR *Effing* WATER!

8 AM  2 PM

9 AM  3 PM

10 AM  4 PM

11 AM  5 PM


12 PM  6 PM






REFILL

HEALTH: WATER TRACKERS

9

DRINK YOUR
water
RIGHT
meow








8AM		2PM
9AM		3PM
10AM		4PM
11AM		5PM
12PM		6PM

REFILL

10





EVERY
DAY
I'M
GUZZLIN'

8AM		2PM
9AM		3PM
10AM		4PM
11AM		5PM
12PM		6PM

REFILL

11

EVERY
DAY
I'M
GUZZLIN'

8 AM		2 PM
9 AM		3 PM
10 AM		4 PM
11 AM		5 PM
12 PM		6 PM

REFILL!

12

Every Mermaid needs her Water!



8 AM		2 PM
9 AM		3 PM
10 AM		4 PM
11 AM		5 PM
12 PM		6 PM

Repeat!

13

EVERY
Mermaid
NEEDS
water



8 AM		2 PM
9 AM		3 PM
10 AM		4 PM
11 AM		5 PM
12 PM		6 PM

Refill

14

**EXCUSES
DON'T
BURN
CALORIES**



8AM		2PM
9AM		3PM
10AM		4PM
11AM		5PM
12PM		6PM

REFILL!

15

GOOD
THINGS
COME TO
THOSE
WHO
Sweat

8am		2pm
9am		3pm
10am		4pm
11am		5pm
12pm		6pm

DO IT AGAIN!

16

I AM
FREAKIN'
magical



8AM		2PM
9AM		3PM
10AM		4PM
11AM		5PM
12PM		6PM

REFILL

HEALTH: WATER TRACKERS

17

I WISH THIS WAS WINE!

8AM		2PM
9AM		3PM
10AM		4PM
11AM		5PM
12PM		6PM

REFILL!

18

LESS TALK MORE WATER

8AM		2PM
9AM		3PM
10AM		4PM
11AM		5PM
12PM		6PM

REFILL!

19

Living the Chug Life

8 AM		2 PM
9 AM		3 PM
10 AM		4 PM
11 AM		5 PM
12 PM		6 PM

REFILL!

20

Living the Chug Life

8AM		2PM
9AM		3PM
10AM		4PM
11AM		5PM
12PM		6PM

Refill!

21

OF COURSE I DRINK LIKE A FISH I'M A Mermaid

8AM		2PM
9AM		3PM
10AM		4PM
11AM		5PM
12PM		6PM

REPEAT!

22

OH FOR FLOCK SAKE DRINK YOUR WATER

8AM		2PM
9AM		3PM
10AM		4PM
11AM		5PM
12PM		6PM

REFILL!

23

OH FOR SAKE DRINK YOUR effing WATER

8AM		2PM
9AM		3PM
10AM		4PM
11AM		5PM
12PM		6PM

DO IT AGAIN!

24


OH, FOR SAKE DRINK MORE WATER


8AM		2PM
9AM		3PM
10AM		4PM
11AM		5PM
12PM		6PM


DO IT AGAIN


HEALTH: WATER TRACKERS


25

8 AM  2 PM

9 AM  3 PM


10 AM  4 PM


11 AM  5 PM


12 PM  6 PM


REFILL


26

8 AM  2 PM

9 AM  3 PM

10 AM  4 PM

11 AM  5 PM

12 PM  6 PM

REPEAT

27

RUN HARDER
than
MASCARA

8am  2pm

9am  3pm

10am  4pm

11am  5pm

12pm  6pm

DO IT AGAIN

28

RUNNING YOUR MOUTH DOESN'T COUNT AS CARDIO

8AM  2PM

9AM  3PM

10AM  4PM


11AM  5PM


12PM  6PM


REFILL!


29


SQUAT because NOBODY RAPS ABOUT tittle Butts

8AM  2PM

9AM  3PM

10AM  4PM

11AM  5PM

12PM  6PM

DO IT AGAIN

30

SUCK IT UP BUTTERCUP AND DRINK YOUR WATER

8AM  2PM

9AM  3PM

10AM  4PM

11AM  5PM

12PM  6PM

REFILL

31

Sweating FOR THE Wedding

8 AM  2 PM

9 AM  3 PM

10 AM  4 PM

11 AM  5 PM

12 PM  6 PM

REFILL!

32

THINK POSITIVE EXERCISE DAILY EAT HEALTHY DRINK WATER WORK HARD STAY STRONG WORRY LESS DANCE MORE LOVE ALWAYS SMILE OFTEN BE HAPPY

8am  2pm

9am  3pm

10am  4pm

11am  5pm

12pm  6pm

1pm  7pm

REFILL NOW

32oz

26

22

18

14

10

6

2

GOOD MORNING

REMEMBER YOUR GOAL

KEEP DRINKING

DON'T GIVE UP






ALMOST THERE

BINGO, GOOD JOB!

HEALTH: WATER TRACKERS

33






TURNING
water
INTO
Liquid Gold
ONE OUNCE
AT A TIME

8 AM		2 PM
9 AM		3 PM
10 AM		4 PM
11 AM		5 PM
12 PM		6 PM

REFILL!

34


TURNING
water
INTO
liquid gold
ONE OUNCE
AT A TIME

8AM		2PM
9AM		3PM
10AM		4PM
11AM		5PM
12PM		6PM






REFILL

35

When it's HOT



Drink water
a LOT!

8AM		2PM
9AM		3PM
10AM		4PM
11AM		5PM
12PM		6PM

Repeat!

36


You
DON'T
NEED
Sweet
Tea

8AM		2PM
9AM		3PM
10AM		4PM
11AM		5PM
12PM		6PM






REFILL

37

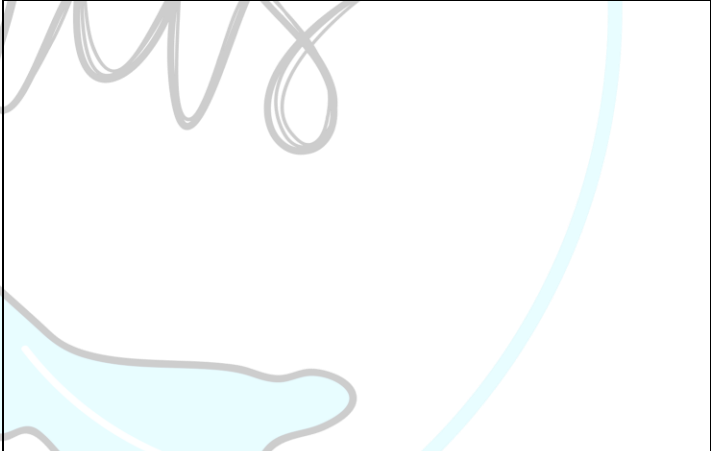
YOU SHOULD
Turtley



DRINK MORE
water

8am		2pm
9am		3pm
10am		4pm
11am		5pm
12pm		6pm

ReFill!



HEALTH: ALLERGY AWARENESS

1



2



3



4



5



6



7



8



HEALTH: ALLERGY AWARENESS

9



10



11



12



13



14



15



16



HEALTH: ALLERGY AWARENESS

17



18



19



20



21



22



23



24



HEALTH: ALLERGY AWARENESS

25



26



27



28



29



30



31



32



HEALTH: ALLERGY AWARENESS

33



34



35



36



37



38



39



40



HEALTH: ALLERGY AWARENESS

41



42



43



44



45



46



47



48

