



Healthy Sisters

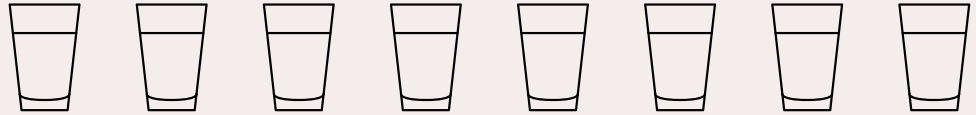
WATER CHALLENGE

WEEK

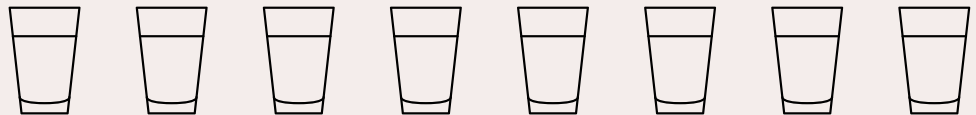
DAILY GOAL

RESULT

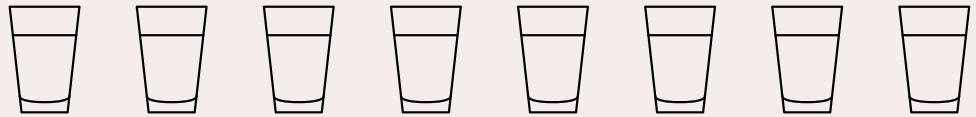
SUNDAY



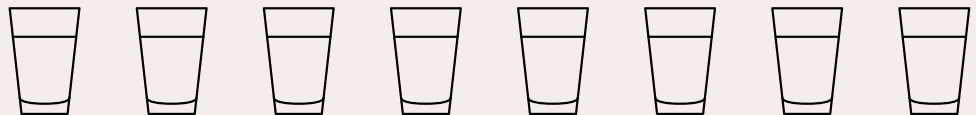
MONDAY



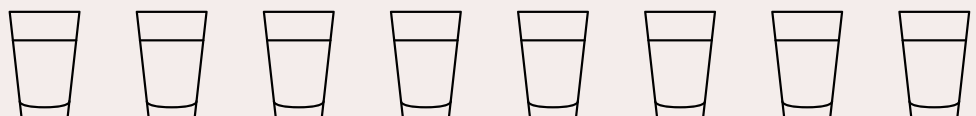
TUESDAY



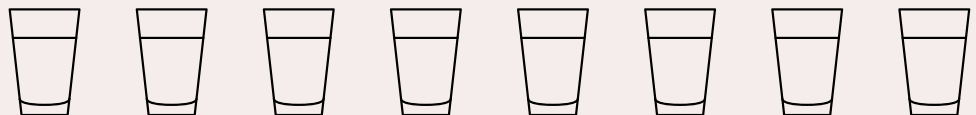
WEDNESDAY



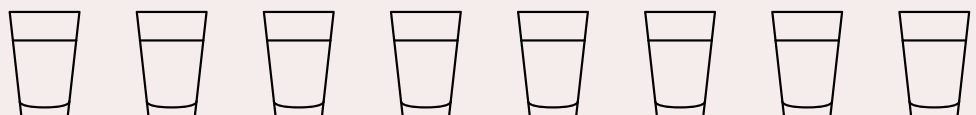
THURSDAY



FRIDAY



SATURDAY



Disclaimer: Do not to exceed more than 10 glasses a day unless under medical supervision.