LET'S HYDRATE

	WATER TRACKER	MOOD TRACKER
1	☐☐☐☐☐☐☐☐	☺ 😛 ☹ 😐 😢
2	☐☐☐☐☐☐☐☐	☺ 😛 ☹ 😐 😢
3	☐☐☐☐☐☐☐☐	☺ 😛 ☹ 😐 😢
4	☐☐☐☐☐☐☐☐	☺ 😛 ☹ 😐 😢
5	☐☐☐☐☐☐☐☐	☺ 😛 ☹ 😐 😢
6	☐☐☐☐☐☐☐☐	☺ 😛 ☹ 😐 😢
7	☐☐☐☐☐☐☐☐	☺ 😛 ☹ 😐 😢
8	☐☐☐☐☐☐☐☐	☺ 😛 ☹ 😐 😢
9	☐☐☐☐☐☐☐☐	☺ 😛 ☹ 😐 😢
10	☐☐☐☐☐☐☐☐	☺ 😛 ☹ 😐 😢
11	☐☐☐☐☐☐☐☐	☺ 😛 ☹ 😐 😢
12	☐☐☐☐☐☐☐☐	☺ 😛 ☹ 😐 😢
13	☐☐☐☐☐☐☐☐	☺ 😛 ☹ 😐 😢
14	☐☐☐☐☐☐☐☐	☺ 😛 ☹ 😐 😢
15	☐☐☐☐☐☐☐☐	☺ 😛 ☹ 😐 😢

	WATER TRACKER	MOOD TRACKER
16	☐☐☐☐☐☐☐☐	☺ 😛 ☹ 😐 😢
17	☐☐☐☐☐☐☐☐	☺ 😛 ☹ 😐 😢
18	☐☐☐☐☐☐☐☐	☺ 😛 ☹ 😐 😢
19	☐☐☐☐☐☐☐☐	☺ 😛 ☹ 😐 😢
20	☐☐☐☐☐☐☐☐	☺ 😛 ☹ 😐 😢
21	☐☐☐☐☐☐☐☐	☺ 😛 ☹ 😐 😢
22	☐☐☐☐☐☐☐☐	☺ 😛 ☹ 😐 😢
23	☐☐☐☐☐☐☐☐	☺ 😛 ☹ 😐 😢
24	☐☐☐☐☐☐☐☐	☺ 😛 ☹ 😐 😢
25	☐☐☐☐☐☐☐☐	☺ 😛 ☹ 😐 😢
26	☐☐☐☐☐☐☐☐	☺ 😛 ☹ 😐 😢
27	☐☐☐☐☐☐☐☐	☺ 😛 ☹ 😐 😢
28	☐☐☐☐☐☐☐☐	☺ 😛 ☹ 😐 😢
29	☐☐☐☐☐☐☐☐	☺ 😛 ☹ 😐 😢
30	☐☐☐☐☐☐☐☐	☺ 😛 ☹ 😐 😢

NOTES