

don't forget to  
**hydrate**

**Today's consumption :**

**0%**

**+ Drink**



Today



History



Insight



Options

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## What Did You Drink?



juice



water



soda



coffee

## How much did you drink?



0mL

1000mL

220 ml

+ Drink



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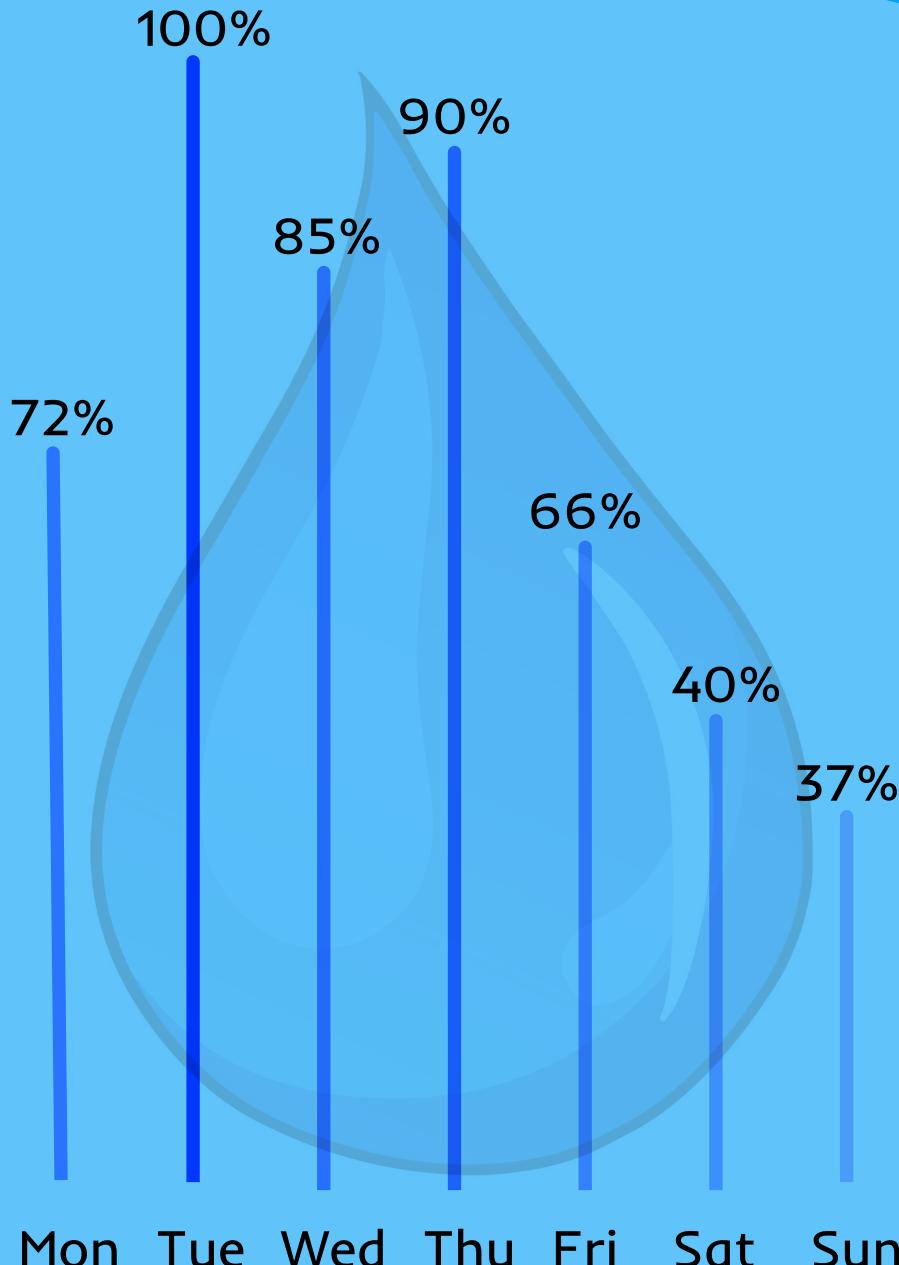
Insight



Options



Your water consumption for the week of July 9 ,2023



You got bronze medal last week. Drink more and achieve gold medal.

More..

Share...



Today



History



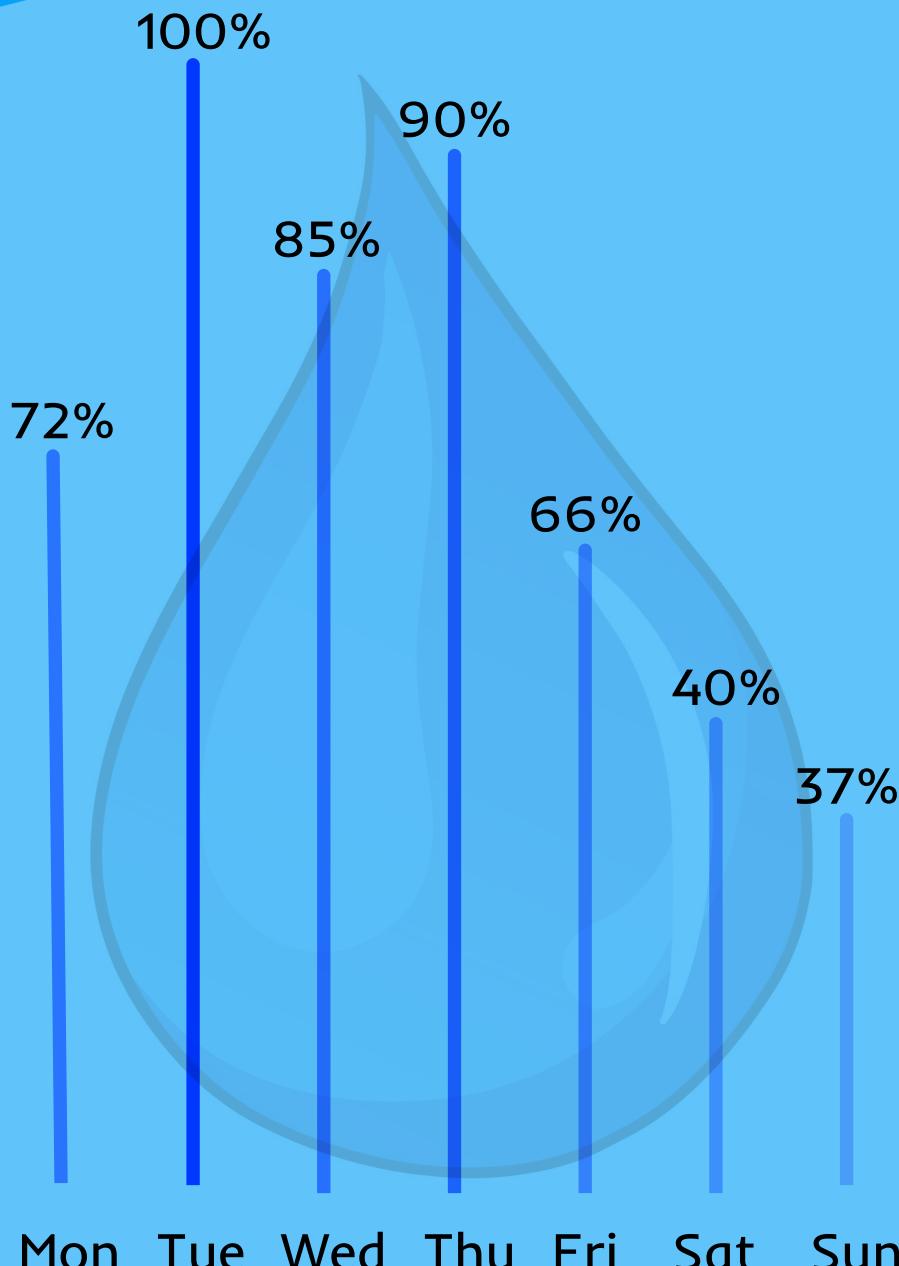
Insight



Options



Your water consumption for the week of July 9 ,2023



Mon Tue Wed Thu Fri Sat Sun

You got bronze medal last week. Drink more and achieve gold medal.

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0.25 L

Total Drinking

1 days

Achieved Gold Medal last week

Reminders

Daily Goals

Sounds and Vibration

Units

Gender and Weight

Language Options

First day of the week

Day starts at

Date and Time format

Remove Ads

Feedback

Rate Us

Privacy policy

Share your progress

Account Setting



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## Drinking Water

Avoid these water drinking mistakes

Drinking water on an empty stomach

Replacing beverages with water for health benefits

Benefits of drinking Lemon Water

## Beauty and Skincare

Benefits of drinking water for skin

Drinking schedule for wrinkle-free skin

Miracle juice for glowing skin

Hot and cold water benefits for skin

Grow hair with water

## Healthy Lifestyle

Top fat burning drinks for weight loss

What to drink during fasting?

Drink water to lose weight

Benefits of hydration for Exercise

Soothe sore throat with these drinks

Drinks to relieve stomach bloating



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