

Monday July 14,2023



Add or subtract the glasses to complete the daily water intake goal of 16 cups/day

Your current cup count= 16 cups

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What Did You Drink?



juice



water



soda

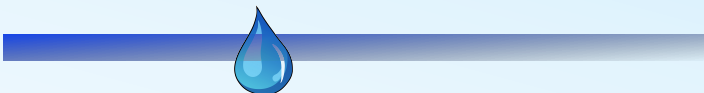


coffee



How much did you drink?

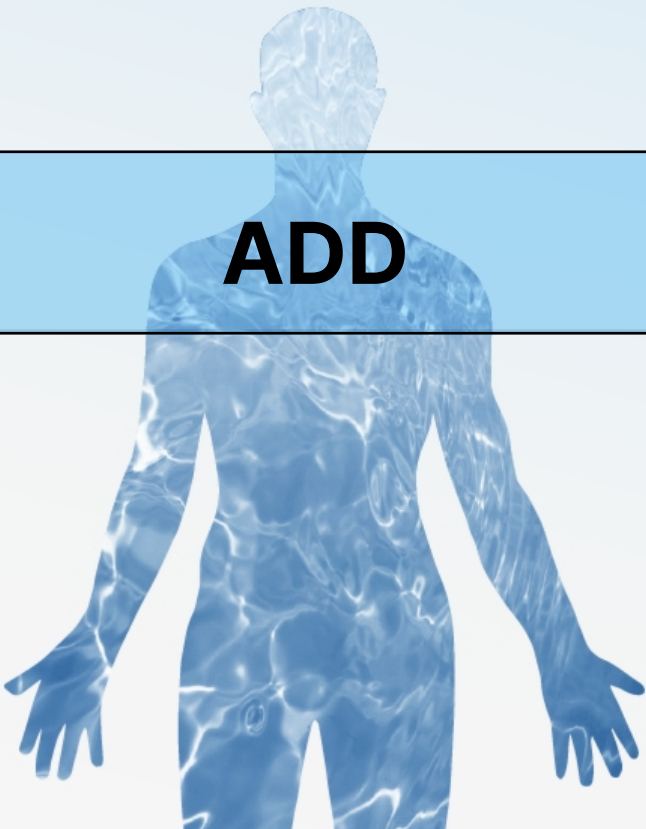
250mL



0mL

1000mL

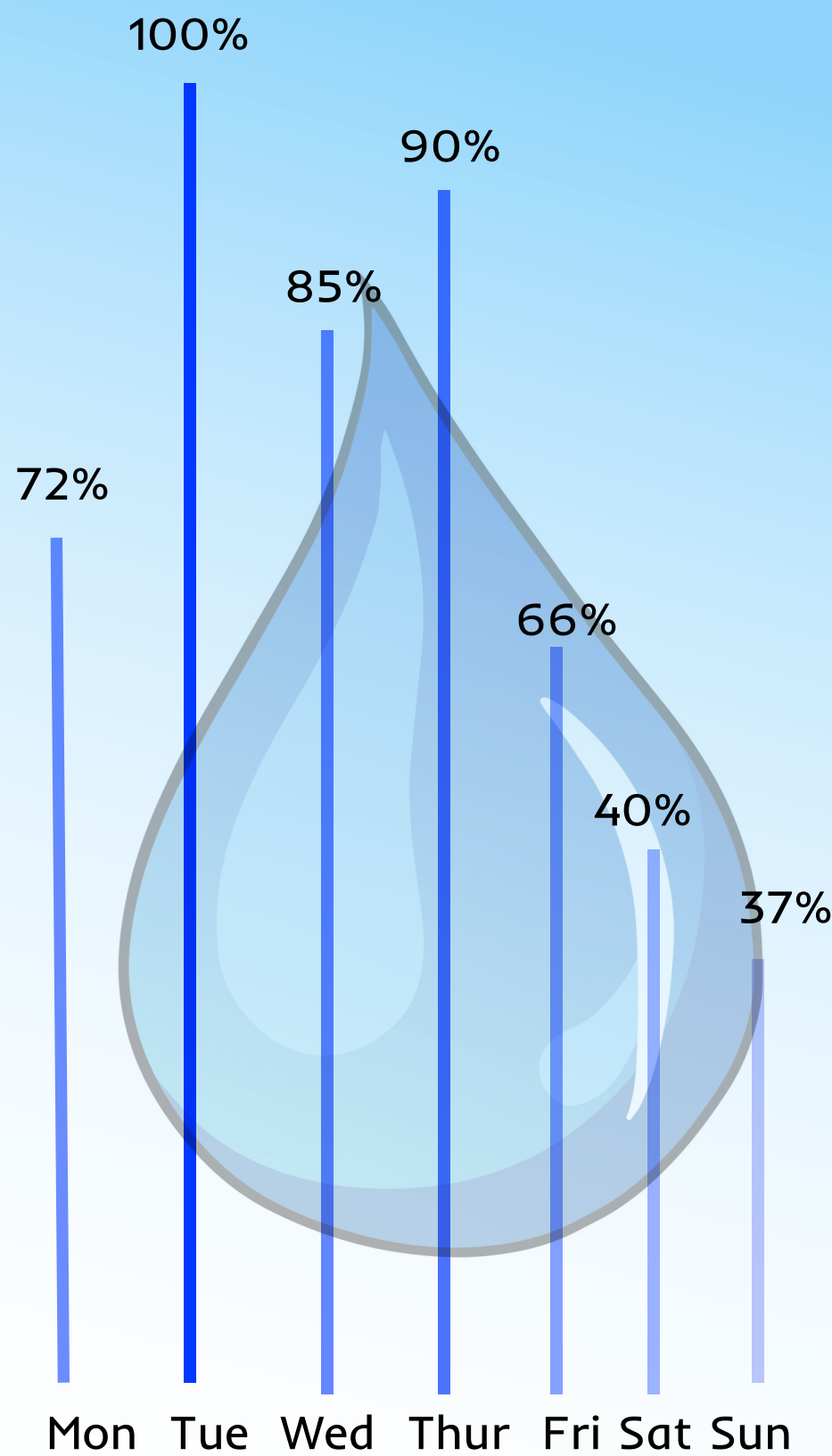
ADD



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Hello, track your water intake habit for the week of July 9 ,2023



-Daily water-intake graph (%) -

You need to stay hydrated, try to drink more water! Aim to reach 100% everyday by drinking 16 cups of water a day!