## MY WEEK WITH WATER

For every glass of water you drink, color in one bottle. Try to drink at least 5 a day. For more fun, challenge a friend or peer!

SUNDAY

MONDAY

**TUESDAY** 

**WEDNESDAY** 

**THURSDAY** 

**FRIDAY** 

SATURDAY

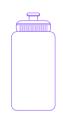
















NC STATE

EXTENSION

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