



PRIMO

FILL IT UP. DRINK IT DOWN. REPEAT.



NAME OF HYDRATOR

WEEK ONE

WEEK TWO

WEEK THREE

WEEK FOUR

	WEEK ONE	WEEK TWO	WEEK THREE	WEEK FOUR
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

 = 8 OZ. OF WATER

