



PRIMO® WATER'S

GUIDE

TO HEALTHY HYDRATION



#01

FILL IT UP.



#02

DRINK IT DOWN.



#03

REPEAT.

NAME OF HYDRATOR: _____

HYDRATION START DATE: / /

Color in the water glasses below as you complete your daily hydration goals!

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

= 8 OZ. OF WATER (OR YOUR RECOMMENDED DAILY WATER INTAKE)

Where do you get your water?

Whether it's through Self-Service Water Refill, Grab-and-Go Water Exchange or Water Delivery, we'll help keep your family happy, healthy and hydrated. Learn more at www.water.com.