

30-Day Hydration Goal Tracker

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WELLNESS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
						
						
						
		<ul style="list-style-type: none"> • Hydration helps make insulin (and all hormones) work better. • Strive to drink half of your weight (in pounds) in ounces a day. Or begin with drinking these 8 glasses of water for 30-days for better health and hydration. 				