



OUR DRINKS DON'T HAVE TO BE
A Campaign by Unidos Contra la Diabetes

Water Tracker

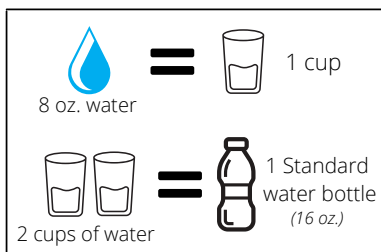
RASTREADOR DE AGUA

NAME/NOMBRE:

MONTH/MES:

Circle or color in your water intake. Circule o coloree la agua tomada.

	SUNDAY DOMINGO	MONDAY LUNES	TUESDAY MARTES	WEDNESDAY MIERCOLES	THURSDAY JUEVES	FRIDAY MIERCOLES	SATURDAY SABADO
WEEK SEMANA 1							
WEEK SEMANA 2							
WEEK SEMANA 3							
WEEK SEMANA 4							



Remember to submit the monthly survey to earn points for rewards!

Recuerde llenar la encuesta mensual para ganar puntos y recompensas!

