

WATER CHECKLIST

(Check off each number as you dink your water.)

- 1 Glass - Feeling Great!
- 2 Glasses - Boy my skin is dewy.
- 3 Glasses - I kinda have to go.
- 4 Glasses - Make it stop.
- 5 Glasses - I have to go!!
- 6 Glasses - Seriously more?
- 7 Glasses - I just wet myself.
- 8 Glasses - Do These Depends make my hurt look big?

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