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JANUARY 2022							
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Today I:</b>	26	27	28	29	30	31	1
Drank 1/2 my body weight in water (oz)							New Year's Day
Walked/moved 20 minutes							
Chose 1 thing to be grateful for							
	2	3	4	5	6	7	8
Drank 1/2 my body weight in water (oz)							
Walked/moved 20 minutes							
Chose 1 thing to be grateful for							
	9	10	11	12	13	14	15
Drank 1/2 my body weight in water (oz)							
Walked/moved 20 minutes							
Chose 1 thing to be grateful for							
	16	17	18	19	20	21	22
Drank 1/2 my body weight in water (oz)		M L King Day					
Walked/moved 20 minutes							
Chose 1 thing to be grateful for							
	23	24	25	26	27	28	29
Drank 1/2 my body weight in water (oz)							
Walked/moved 20 minutes							
Chose 1 thing to be grateful for							
	30	31	1	2	3	4	5
Drank 1/2 my body weight in water (oz)							
Walked/moved 20 minutes							
Chose 1 thing to be grateful for							

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	FEBRUARY 2022						
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Today I:</b>	30	31	1	2	3	4	5
Drank 1/2 my body weight in water (oz)							
Walked/moved 20 minutes							
Chose 1 thing to be grateful for							
	6	7	8	9	10	11	12
Drank 1/2 my body weight in water (oz)							
Walked/moved 20 minutes							
Chose 1 thing to be grateful for							
	13	14	15	16	17	18	19
Drank 1/2 my body weight in water (oz)		Valentine's Day					
Walked/moved 20 minutes							
Chose 1 thing to be grateful for							
	20	21	22	23	24	25	26
Drank 1/2 my body weight in water (oz)		Presidents' Day					
Walked/moved 20 minutes							
Chose 1 thing to be grateful for							
	27	28	1	2	3	4	5
Drank 1/2 my body weight in water (oz)							
Walked/moved 20 minutes							
Chose 1 thing to be grateful for							

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	MARCH 2022						
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Today I:</b>	27	28	1	2	3	4	5
Drank 1/2 my body weight in water (oz)							
Walked/moved 20 minutes							
Chose 1 thing to be grateful for							
	6	7	8	9	10	11	12
Drank 1/2 my body weight in water (oz)							
Walked/moved 20 minutes							
Chose 1 thing to be grateful for							
	13	14	15	16	17	18	19
Drank 1/2 my body weight in water (oz)							
Walked/moved 20 minutes							
Chose 1 thing to be grateful for							
	20	21	22	23	24	25	26
Drank 1/2 my body weight in water (oz)							
Walked/moved 20 minutes							
Chose 1 thing to be grateful for							
	27	28	29	30	31	1	2
Drank 1/2 my body weight in water (oz)							
Walked/moved 20 minutes							
Chose 1 thing to be grateful for							

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APRIL 2022							
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Today I:</b>	27	28	29	30	31	1	2
Drank 1/2 my body weight in water (oz)							
Walked/moved 20 minutes							
Chose 1 thing to be grateful for							
	3	4	5	6	7	8	9
Drank 1/2 my body weight in water (oz)							
Walked/moved 20 minutes							
Chose 1 thing to be grateful for							
	10	11	12	13	14	15	16
Drank 1/2 my body weight in water (oz)						Good Friday	
Walked/moved 20 minutes							
Chose 1 thing to be grateful for							
	17	18	19	20	21	22	23
Drank 1/2 my body weight in water (oz)	Easter Sunday						
Walked/moved 20 minutes							
Chose 1 thing to be grateful for							
	24	25	26	27	28	29	30
Drank 1/2 my body weight in water (oz)							
Walked/moved 20 minutes							
Chose 1 thing to be grateful for							

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	MAY 2022						
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Today I:</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
Drank 1/2 my body weight in water (oz)							
Walked/moved 20 minutes							
Chose 1 thing to be grateful for							
	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
Drank 1/2 my body weight in water (oz)	Mother's Day						
Walked/moved 20 minutes							
Chose 1 thing to be grateful for							
	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
Drank 1/2 my body weight in water (oz)							
Walked/moved 20 minutes							
Chose 1 thing to be grateful for							
	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
Drank 1/2 my body weight in water (oz)							
Walked/moved 20 minutes							
Chose 1 thing to be grateful for							
	<b>29</b>	<b>30</b>	<b>31</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
Drank 1/2 my body weight in water (oz)		Memorial Day				National Donut Day	
Walked/moved 20 minutes							
Chose 1 thing to be grateful for							

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	JUNE 2022						
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Today I:</b>	29	30	31	1	2	3	4
Drank 1/2 my body weight in water (oz)		Memorial Day				National Donut Day	
Walked/moved 20 minutes							
Chose 1 thing to be grateful for							
	5	6	7	8	9	10	11
Drank 1/2 my body weight in water (oz)							
Walked/moved 20 minutes							
Chose 1 thing to be grateful for							
	12	13	14	15	16	17	18
Drank 1/2 my body weight in water (oz)							
Walked/moved 20 minutes							
Chose 1 thing to be grateful for							
	19	20	21	22	23	24	25
Drank 1/2 my body weight in water (oz)	Father's Day						
Walked/moved 20 minutes							
Chose 1 thing to be grateful for							
	26	27	28	29	30	1	2
Drank 1/2 my body weight in water (oz)							
Walked/moved 20 minutes							
Chose 1 thing to be grateful for							

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	JULY 2022						
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Today I:</b>	26	27	28	29	30	1	2
Drank 1/2 my body weight in water (oz)							
Walked/moved 20 minutes							
Chose 1 thing to be grateful for							
	3	4	5	6	7	8	9
Drank 1/2 my body weight in water (oz)		Independence Day					
Walked/moved 20 minutes							
Chose 1 thing to be grateful for							
	10	11	12	13	14	15	16
Drank 1/2 my body weight in water (oz)							
Walked/moved 20 minutes							
Chose 1 thing to be grateful for							
	17	18	19	20	21	22	23
Drank 1/2 my body weight in water (oz)							
Walked/moved 20 minutes							
Chose 1 thing to be grateful for							
	24	25	26	27	28	29	30
Drank 1/2 my body weight in water (oz)							
Walked/moved 20 minutes							
Chose 1 thing to be grateful for							
	31	1	2	3	4	5	6
Drank 1/2 my body weight in water (oz)							
Walked/moved 20 minutes							
Chose 1 thing to be grateful for							

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	AUGUST 2022						
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Today I:</b>	31	1	2	3	4	5	6
Drank 1/2 my body weight in water (oz)							
Walked/moved 20 minutes							
Chose 1 thing to be grateful for							
	7	8	9	10	11	12	13
Drank 1/2 my body weight in water (oz)							
Walked/moved 20 minutes							
Chose 1 thing to be grateful for							
	14	15	16	17	18	19	20
Drank 1/2 my body weight in water (oz)							
Walked/moved 20 minutes							
Chose 1 thing to be grateful for							
	21	22	23	24	25	26	27
Drank 1/2 my body weight in water (oz)							
Walked/moved 20 minutes							
Chose 1 thing to be grateful for							
	28	29	30	31	1	2	3
Drank 1/2 my body weight in water (oz)							
Walked/moved 20 minutes							
Chose 1 thing to be grateful for							



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## SEPTEMBER 2022

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Today I:</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>1</b>	<b>2</b>	<b>3</b>
Drank 1/2 my body weight in water (oz)							
Walked/moved 20 minutes							
Chose 1 thing to be grateful for							
	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
Drank 1/2 my body weight in water (oz)		Labor Day					
Walked/moved 20 minutes							
Chose 1 thing to be grateful for							
	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
Drank 1/2 my body weight in water (oz)							
Walked/moved 20 minutes							
Chose 1 thing to be grateful for							
	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
Drank 1/2 my body weight in water (oz)							
Walked/moved 20 minutes							
Chose 1 thing to be grateful for							
	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>1</b>
Drank 1/2 my body weight in water (oz)							
Walked/moved 20 minutes							
Chose 1 thing to be grateful for							

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	OCTOBER 2022						
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Today I:</b>	25	26	27	28	29	30	1
Drank 1/2 my body weight in water (oz)							
Walked/moved 20 minutes							
Chose 1 thing to be grateful for							
	2	3	4	5	6	7	8
Drank 1/2 my body weight in water (oz)							
Walked/moved 20 minutes							
Chose 1 thing to be grateful for							
	9	10	11	12	13	14	15
Drank 1/2 my body weight in water (oz)		Columbus Day					
Walked/moved 20 minutes							
Chose 1 thing to be grateful for							
	16	17	18	19	20	21	22
Drank 1/2 my body weight in water (oz)							
Walked/moved 20 minutes							
Chose 1 thing to be grateful for							
	23	24	25	26	27	28	29
Drank 1/2 my body weight in water (oz)							
Walked/moved 20 minutes							
Chose 1 thing to be grateful for							
	30	31	1	2	3	4	5
Drank 1/2 my body weight in water (oz)		Halloween					
Walked/moved 20 minutes							
Chose 1 thing to be grateful for							

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## NOVEMBER 2022

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Today I:</b>	<b>30</b>	<b>31</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Drank 1/2 my body weight in water (oz)		Halloween					
Walked/moved 20 minutes							
Chose 1 thing to be grateful for							
	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
Drank 1/2 my body weight in water (oz)						Veterans Day	
Walked/moved 20 minutes							
Chose 1 thing to be grateful for							
	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
Drank 1/2 my body weight in water (oz)							
Walked/moved 20 minutes							
Chose 1 thing to be grateful for							
	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
Drank 1/2 my body weight in water (oz)					Thanksgiving Day		
Walked/moved 20 minutes							
Chose 1 thing to be grateful for							
	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>1</b>	<b>2</b>	<b>3</b>
Drank 1/2 my body weight in water (oz)							
Walked/moved 20 minutes							
Chose 1 thing to be grateful for							

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## DECEMBER 2022

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Today I:</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>1</b>	<b>2</b>	<b>3</b>
Drank 1/2 my body weight in water (oz)							
Walked/moved 20 minutes							
Chose 1 thing to be grateful for							
	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
Drank 1/2 my body weight in water (oz)							
Walked/moved 20 minutes							
Chose 1 thing to be grateful for							
	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
Drank 1/2 my body weight in water (oz)							
Walked/moved 20 minutes							
Chose 1 thing to be grateful for							
	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
Drank 1/2 my body weight in water (oz)							
Walked/moved 20 minutes							
Chose 1 thing to be grateful for							
	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
Drank 1/2 my body weight in water (oz)	Christmas						
Walked/moved 20 minutes							
Chose 1 thing to be grateful for							