# Drink More Water: Stay Hydrated Daily Water Tracker, Journal (Paperback)



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## Reviews

This book may be worth purchasing. It typically fails to expense excessive. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Ken Watsica)

### DRINK MORE WATER: STAY HYDRATED DAILY WATER TRACKER, JOURNAL (PAPERBACK)



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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English. Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. A beautiful, colorful Hydration notebook and Journal. Knowing how to recognize the first signs of dehydration is extremely important for outdoor enthusiasts. Water is one of the substances that are absolutely vital for our body proper functioning and being hydrated is of outmost importance in any physically demanding situation like hiking or climbing. And in any healthy lifestyle water is key, so use this tracker to make sure you are getting the proper amount of H2O. This is a Writing Journal. It contains 100 pages with lightly-lined pages for writing poetry, notes, lists, or ideas for your next book. Use this to track and record your gratitude and Blessings for months at a time. Almost every successful person seems to have kept a journal in one form or another. Success, in this case, is not defined by money but overall happiness. Doesn t matter if or not they called it journaling doesn t matter as they kept a record of their goals, success, failures, feelings and their daily life. Your journal contains the answers to your most burning questions. It is literally the best self-help book you could ever read. Over 100 pages in a 6 x 9 Lined Journal THIS has WIDE LINES. Enjoy. -High-quality 55# paper allows for perfect absorbency with ink, gel pens, or pencil - Perfect for making lists, creating poetry, or writing down your life reflections - Each journal contains an inspirational message - 100 pages--like a 100-page paperback book - Matte cover for a professional finish -Perfect size at 6 by 9 -- LARGER than most - Perfect for gift-giving.



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