

Creando Hábitos

# 2 Litros de agua al día

#RETO30DÍAS



|                                                                                        |                                                                                        |                                                                                        |                                                                                         |                                                                                          |                                                                                          |
|----------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|
|  1    |  2    |  3    |  4     |  5    |  6    |
|  7   |  8   |  9   |  10   |  11  |  12  |
|  13 |  14 |  15 |  16  |  17 |  18 |
|  19 |  20 |  21 |  22  |  23 |  24 |
|  25 |  26 |  27 |  28 |  29 |  30 |