

Hydration CHALLENGE

Make your water bottle your BFF for the week

MONDAY



HOW DO YOU *Feel?*

Check in on Instagram #TeamLSF

TUESDAY



HOW DO YOU *Feel?*

Check in on Instagram #TeamLSF

WEDNESDAY



HOW DO YOU *Feel?*

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THURSDAY



HOW DO YOU *Feel?*

Check in on Instagram #TeamLSF

FRIDAY



HOW DO YOU *Feel?*

Check in on Instagram #TeamLSF

SATURDAY



HOW DO YOU *Feel?*

Check in on Instagram #TeamLSF

SUNDAY



HOW DO YOU *Feel?*

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