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Subject: Reminder - Hydration Challenge Data

Location:

When: 5/6/2014 - 5/13/2014

Thanks to those of you who have given me your fluid intake from yesterday.
For the rest of you, please send me your information each morning.
To help you, I will be sending a daily email reminder.

Also, there have been questions about counting mineral water, vitamin water, PowerAde Zero, etc. as water. For purposes of this challenge, only plain water will be counted as water.