



Trink Dich Gesund

Dein persönliches 21-Tage Trinkprotokoll

Name:

Gewicht vor der Challenge:

Gewicht nach der Challenge:

Meine Optimal-Trinkmenge:
(35 – 40 ml / Kg Körpergewicht)

Meine Motivation für die Challenge:

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.....

.....


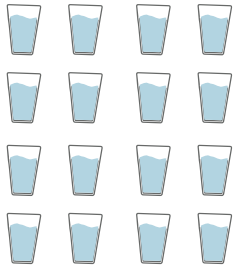
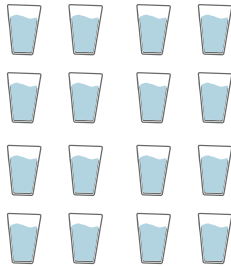
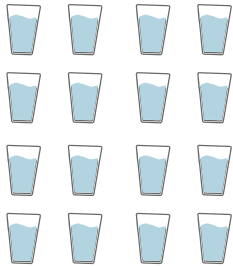
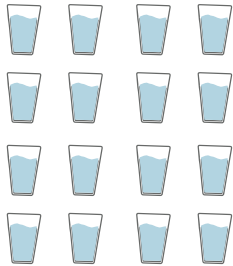
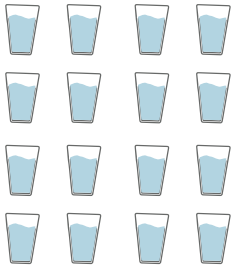
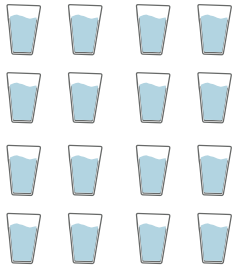
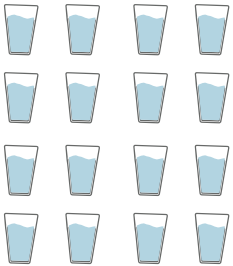




























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Überreicht durch:



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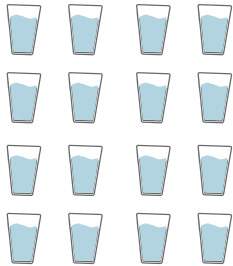
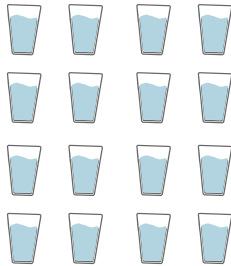
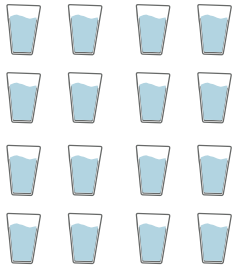
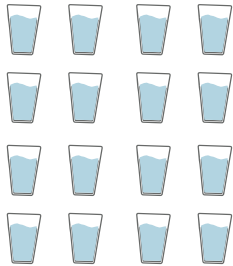
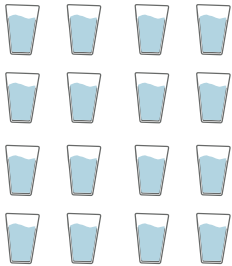
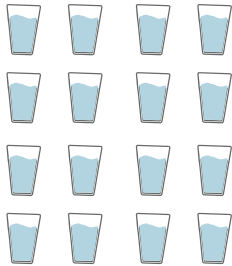
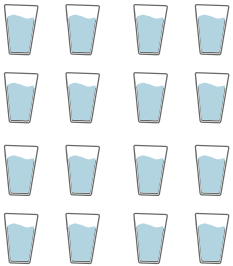




























Dein persönliches 21-Tage Trinkprotokoll

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
Tagestrinkmenge Liter Liter Liter Liter Liter Liter Liter
 à 250 ml							
Energie							
Emotionales Befinden							
.....							
.....							
Gedanken zum Tag



Trink Dich Gesund


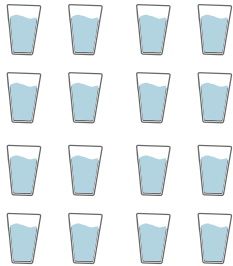
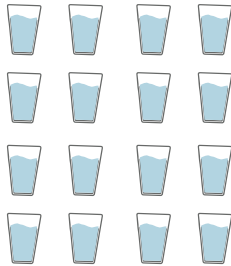
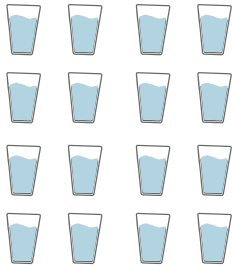
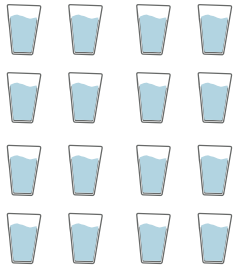
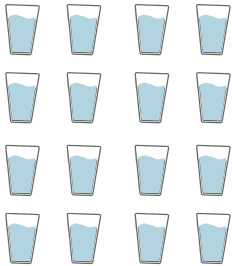
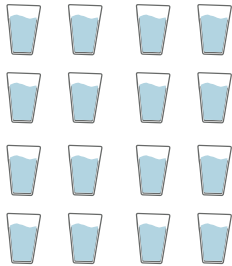
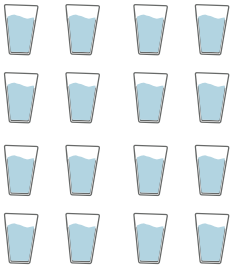




























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