

July



FUEL YOUR BODY

What are different ways you can fuel your body this month – nutrition, hydration, sleep?

b's July Intention: Hydrate with H2O

b will aim to drink at least 8 glasses of water every day to ensure proper hydration.
b will track their progress in the Burnalong platform with the habit tracker.

Fuel your
body



Use the space below to set your intention for July.

A large, light gray rounded rectangular area containing ten horizontal white lines for writing.

