## WATER INTAKE

## Date：

| day | $\square \square \square \square$ |
| :---: | :---: |
| Tuessay | $\square \square \square \square \square$ |
| nessay | $\square \square \square$ |

Thursday
$\square$
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$\square$
$\square \square$

Friday
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$\square$

$\square$Saturday $\square$ ロロ $\square \square$

## Sunday

## ロロロロロ

