

Suivi *d'hydratation*

☹ = 0,5 L

1	☹ ☹ ☹ ☹ +	16	☹ ☹ ☹ ☹ +
2	☹ ☹ ☹ ☹ +	17	☹ ☹ ☹ ☹ +
3	☹ ☹ ☹ ☹ +	18	☹ ☹ ☹ ☹ +
4	☹ ☹ ☹ ☹ +	19	☹ ☹ ☹ ☹ +
5	☹ ☹ ☹ ☹ +	20	☹ ☹ ☹ ☹ +
6	☹ ☹ ☹ ☹ +	21	☹ ☹ ☹ ☹ +
7	☹ ☹ ☹ ☹ +	22	☹ ☹ ☹ ☹ +
8	☹ ☹ ☹ ☹ +	23	☹ ☹ ☹ ☹ +
9	☹ ☹ ☹ ☹ +	24	☹ ☹ ☹ ☹ +
10	☹ ☹ ☹ ☹ +	25	☹ ☹ ☹ ☹ +
11	☹ ☹ ☹ ☹ +	26	☹ ☹ ☹ ☹ +
12	☹ ☹ ☹ ☹ +	27	☹ ☹ ☹ ☹ +
13	☹ ☹ ☹ ☹ +	28	☹ ☹ ☹ ☹ +
14	☹ ☹ ☹ ☹ +	29	☹ ☹ ☹ ☹ +
15	☹ ☹ ☹ ☹ +	30	☹ ☹ ☹ ☹ +
		31	☹ ☹ ☹ ☹ +