

Mois :

# Moi, j'ai bu ! Et vous, avez-vous coché ?



200 ml



50 ml



350 ml

Chambre :

Nom :  
Prénom :

1				Total/jour =	ml
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30				Total/jour =	ml
31				Total/jour =	ml

# Mois : Je ne pense pas à boire... et vous, vous pensez à cocher ?



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Mois :

# Boire, c'est vital ! Cochez, c'est génial !



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31				Total/jour =	ml

Mois :

# Hydratez, cochez, protégez !



200 ml



50 ml



350 ml

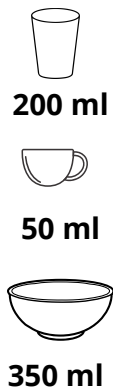
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31				Total/jour =	ml

Mois :

# Je bois, vous cochez... et tout le monde est rassuré !



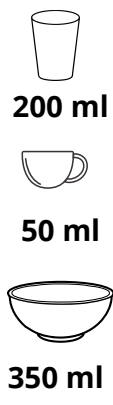
Chambre :

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31				Total/jour =	ml



# Mois : Un petit verre pour moi, une petite coche pour vous !



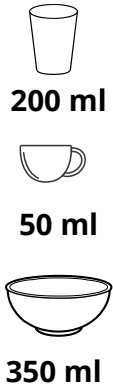
Chambre :

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# Boire, c'est l'essentiel! Cochez, c'est officiel!

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Mois :

# Un verre pour la forme, une coche pour la norme !



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50 ml



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