




































MONTH

# WATER INTAKE CALENDAR



**CHECK OFF THE CUPS** OF PRIMO® WATER PER DAY

DAILY GOAL IS 8 CUPS PER DAY

SUN	MON	TUES	WED	THURS	FRI	SAT
DATE _____ 	_____ 	_____ 	_____ 	_____ 	_____ 	_____ 
DATE _____ 	_____ 	_____ 	_____ 	_____ 	_____ 	_____ 
DATE _____ 	_____ 	_____ 	_____ 	_____ 	_____ 	_____ 
DATE _____ 	_____ 	_____ 	_____ 	_____ 	_____ 	_____ 
DATE _____ 	_____ 	_____ 	_____ 	_____ 	_____ 	_____ 

**THE PRIMO  
EFFECT**

**#PRIMOEFFECT**

**Bulk water households drink 25% more water per day, on average.** What a difference! More water daily could mean more energy, better exercise and an overall sense of feeling healthier.

**Since 2004, Primo has saved 14.5B single-serve plastic bottles.** Choosing Primo helps reduce plastic waste that eventually ends up in our oceans, making you one responsible citizen.

