

PITNÝ REŽIM – měsíční výzva

1 KAPKA = 300 ML VODY

MĚSÍC:



Leden Únor Březen Duben Květen Červen Červenec Srpen Září Říjen Listopad Prosinec

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

JAK TO ŠLO?

