

My First 30 Days with X₂O

A guided reflection on your first month using the X₂O Water Machine.

💧 Use these prompts to reflect on your expectations, habits, and personal observations after 30 days.

1 What were my expectations before I started?	2 What surprised me most?
3 Did I drink more water overall?	4 What did I notice about taste, convenience, or daily use?
5 What changes did I notice in my hydration habits or daily routine?	6 What stayed the same?
7 What would I tell someone considering the X ₂ O?	8 What do I want to keep doing from here?

♥ Overall Reflection

For personal reflection only. Individual experiences vary.