




CHEERS TO A HEALTHIER YOU!



30 Day Water Challenge

Goal: 64 oz. each day

 = 8 oz.

Day 1  = _____ Total

Day 2  = _____ Total

Day 3  = _____ Total

Day 4  = _____ Total

Day 5  = _____ Total

Day 6  = _____ Total

Day 7  = _____ Total

Day 8  = _____ Total

Day 9  = _____ Total

Day 10  = _____ Total

Day 11  = _____ Total

Day 12  = _____ Total

Day 13  = _____ Total

Day 14  = _____ Total

Day 15  = _____ Total

Day 16  = _____ Total

Day 17  = _____ Total

Day 18  = _____ Total

Day 19  = _____ Total

Day 20  = _____ Total

Day 21  = _____ Total

Day 22  = _____ Total

Day 23  = _____ Total

Day 24  = _____ Total

Day 25  = _____ Total

Day 26  = _____ Total

Day 27  = _____ Total

Day 28  = _____ Total

Day 29  = _____ Total

Day 30  = _____ Total

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