



# 30 FOR 30 WATER CHALLENGE



Let's stay hydrated!

Commit to 64oz. of water (8 glasses) a day for the next 30 days.



1 	2 	3 	4 	5 	6 	7 
8 	9 	10 	11 	12 	13 	14 
15 	16 	17 	18 	19 	20 	21 
22 	23 	24 	25 	26 	27 	28 
29 	30 					