



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