











































































































































































































































30 DAY WATER CHALLENGE

Month of: _____

 = _____ OUNCES OR LITERS | GOAL: DRINK $\frac{1}{2}$ OF YOUR BODY WEIGHT IN OUNCES

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