































LET'S GO H₂O

30 DAY CHALLENGE

Drink 48oz to 64oz of water per day.
Mark a glass each time you drink 8oz of water!

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