

# DRINK MORE WATER challenge

month of: \_\_\_\_\_

Goal: Drink half your body weight in ounces (140 lbs = 70oz)

 = \_\_\_\_\_ oz

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:        