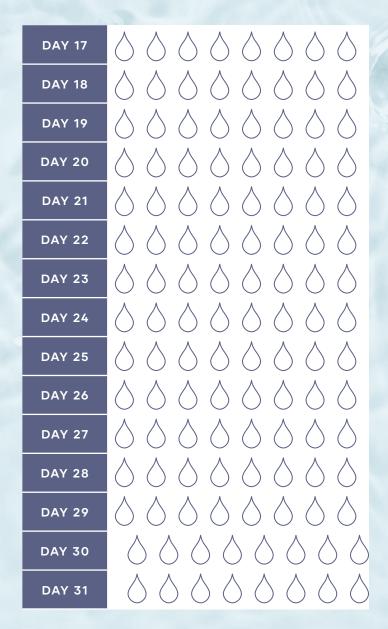
Drink Up Hydration Challenge

_ DAY 1						
 64+ oz each day Drink water before any othe 4-8 oz water before breakfore 4-8 oz water before dinner 4-8 oz water before snacks 	ast	in the r	morning			
DAY 2						
 64+ oz each day Drink water before any othe 4-8 oz water before breakfor 4-8 oz water before dinner 4-8 oz water before snacks 	ast	in the r	morning	Í		
DAY 3						
 64+ oz each day Drink water before any othe 4-8 oz water before breakfor 4-8 oz water before dinner 4-8 oz water before snacks 	ast	in the r	morning			
DAY 4						
 64+ oz each day Drink water before any othe 4-8 oz water before breakfor 4-8 oz water before dinner 4-8 oz water before snacks 	ast	in the r	morning			
DAY 5						\wedge
 □ 64+ oz each day □ Drink water before any othe □ 4-8 oz water before breakfore □ 4-8 oz water before dinner □ 4-8 oz water before snacks 	ast	in the r	morning			

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JAN	FEB	MAR	APR	
MAY	JUN	JUL		
SEP	ост	NOV	DEC	

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**

WATER Tracker



NOTES

DAY 15

DAY 16