

30 DAY STAY HYDRATED CHALLENGE

GOAL: Drink at least 8 ounces of water per day.

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: 

CHALLENGE REFLECTION: