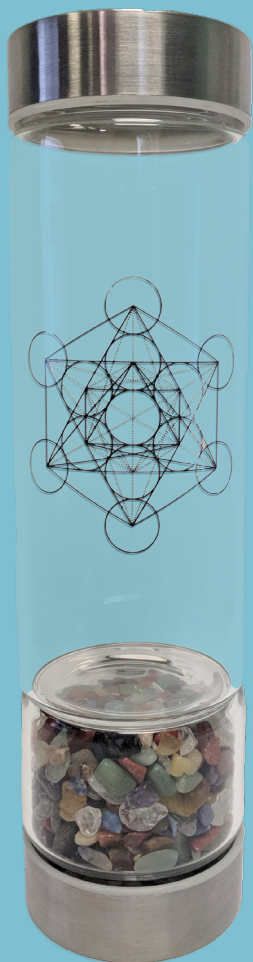


30 Day *Water* Challenge

Body Weight:
Divided by 2 =
Ounces to Drink Everyday!

For the next 30 Days
Drink Water!



- 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 

It is recommended that an individual consume at least 64 ounces of water per day. If you want to get more specific, divide your body weight in half, then aim to drink that many ounces of water per day. For example, a person who weighs 150 pounds would have a goal to drink 75 ounces. You can calculate your number, and write it at the top of your worksheet.