

30-DAY WATER CHALLENGE!

CHALLENGE YOURSELF TO DRINK
64 OUNCES OF WATER OR OTHER SUGAR-FREE BEVERAGES EVERY DAY FOR 30 DAYS!
TRACK YOUR PROGRESS BELOW...

✓ CHECK OFF A  FOR EVERY 8 OUNCES YOU DRINK:

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



10 WAYS TO DRINK YOUR WATER

TRY THESE EASY HACKS TO JAZZ UP YOUR WATER!

1

GET GOING IN THE MORNING WITH A CUP OF HOT WATER WITH LEMON AND HONEY

2

ADD A SPLASH OF CRANBERRY JUICE AND A SQUEEZE OF LIME

3

HERBAL TEA ADDS FLAVOR WITHOUT THE CAFFEINE OR CALORIES - TRY IT HOT OR CHILLED

4

INFUSE FRUIT FLAVOR WITH FRESH OR FROZEN BERRIES

5

TOP IT OFF WITH CITRUS SLICES - ORANGE, LIME, LEMON, OR GRAPEFRUIT

6

FREEZE JUICE INTO ICE CUBES FOR A FRUITY CHILL

7

REFRESH WITH FRESH HERBS LIKE BASIL, MINT AND CILANTRO

8

TASTE THE TROPICS BY ADDING FROZEN PINEAPPLE OR MANGO

9

STRAIGHT UP! PURE AND CLEAR, NOTHING ADDED

10

SLICE UP FRESH CUCUMBER FOR A SUPRISING TWIST