

ARE YOU UP FOR THE CHALLENGE?



- Increase your metabolism
- Aid in weight loss
- Flush out toxins
- Healthier skin
- Boost energy
- Relieve fatigue
- Reduce risk of certain cancers

Each cup represents 8 oz. Your goal is to drink 64 oz. of water per day. Cross off each cup after consuming a refreshing glass or bottle of water. At the end of the month each qualifying participant will receive a new water bottle!

February Water Challenge

Day 1 

Day 16 

Day 2 

Day 17 

Day 3 

Day 18 

Day 4 

Day 19 

Day 5 

Day 20 

Day 6 

Day 21 

Day 7 

Day 22 

Day 8 

Day 23 

Day 9 

Day 24 

Day 10 

Day 25 

Day 11 

Day 26 

Day 12 

Day 27 

Day 13 

Day 28 

Day 14 

Day 15 



You can do it!

Name: _____

Dept.: _____