

30-Day Hydration Challenge

Goal: half your body weight in ounces _____ ounces a day

DAY 1: _____ ounces

DAY 2: _____ ounces

DAY 3: _____ ounces

DAY 4: _____ ounces

DAY 5: _____ ounces

DAY 6: _____ ounces

DAY 7: _____ ounces

DAY 8: _____ ounces

DAY 9: _____ ounces

DAY 10: _____ ounces

DAY 11: _____ ounces

DAY 12: _____ ounces

DAY 13: _____ ounces

DAY 14: _____ ounces

DAY 15: _____ ounces



DAY 16: _____ ounces

DAY 17: _____ ounces

DAY 18: _____ ounces

DAY 19: _____ ounces

DAY 20: _____ ounces

DAY 21: _____ ounces

DAY 22: _____ ounces

DAY 23: _____ ounces

DAY 24: _____ ounces

DAY 25: _____ ounces

DAY 26: _____ ounces

DAY 27: _____ ounces

DAY 28: _____ ounces

DAY 29: _____ ounces

DAY 30: _____ ounces