































# 30 DAY STAY HYDRATED CHALLENGE

**GOAL:** Drink at least 64 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: