

# 28-DAY HYDRATION CHALLENGE

Your challenge is to reach the daily recommended amount of water for a total of 28 days. Shade in one bottle each day and reach your daily goal! By day 28, you're sure to feel refreshed and hydrated.

Recommended daily value:

At a minimum, 1/2 your weight in lbs converted to fl oz.\*

Set a personal daily goal in fl oz: \_\_\_\_\_



Week 1



Week 2



Week 3



Week 4

