
































Water Drinking Challenge

July 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
						
3	4	5	6	7	8	9
						
10	11	12	13	14	15	16
						
17	18	19	20	21	22	23
						
24	25	26	27	28	29	30
						
31						
	<p>During the <i>Water Drinking Challenge</i> the goal is to consume eight glasses of water per day. Although other beverages such as soda, coffee, and juice contribute toward your daily liquid intake, the challenge is geared solely toward increased consumption of water in place of sugary and caffeine-containing beverages. Put a check mark on each day you achieve the goal!</p>					

Name: _____

Department: _____