LOGILATES

30 DAY WATER CHALLENGE

MONTH OF:

💧 = ____ OUNCES OR LITERS | GOAL: DRINK 1/2 YOUR BODY WEIGHT IN OUNCES

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: 💧💧💧💧💧💧💧💧

HALFWAY!

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: 💧💧💧💧💧💧💧💧

HOORAY!