

30-DAY WATER CHALLENGE

8 CUPS / 4 BOTTLES OF 16.9 fl oz

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

*Water flushes out bacteria and toxins.

*Digestion is improved by drinking H₂O.

*Replace sugary drinks with water to aid weight loss.

Improve halitosis and reduce tooth decay from drinking H₂O instead of soda.

