

THE CENTER FOR HEALTH EDUCATION AND WELLNESS

HYDRATION CHALLENGE

APRIL 4TH-APRIL 25TH

START

	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25					

Use this calendar to track your water intake during the 3- week Hydration Challenge.

GOAL: I WILL STRIVE TO DRINK _____ OZ OF WATER PER DAY

Example: I will drink 64 oz of water per day= 8 cups of water.

