

8 Day H2o Challenge

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Set an Intention that you will commit to this drinking H2o challenge TODAY!! Through out the day drink 8 oz	8 oz in the morning	8 oz in the morning	8 oz in the morning	8 oz as soon as you get out of bed	8 oz as soon as you get out of bed	8 oz as soon as you get out of bed	8 oz as soon as you get out of bed
	8 oz in the evening	8 oz mid day 8 oz in the evening	8 oz mid morning 8 oz mid afternoon 8 oz in the evening	8 oz mid morning 8 oz mid afternoon 8 oz in the evening	8 oz 2 hours later 8 oz 2 hours later 8 oz 2 hours later 8 oz 2 hours later 8 oz 2 hours later 8 oz 2 hours later 8 oz in the evening	8 oz 2 hours later 8 oz 2 hours later 8 oz 2 hours later 8 oz 2 hours later 8 oz 2 hours later 8 oz 2 hours later 8 oz in the evening	8 oz 2 hours later 8 oz 2 hours later 8 oz 2 hours later 8 oz 2 hours later 8 oz 2 hours later 8 oz in the evening
Total 8 oz	Total 16 OZ	Total 24 OZ	Total 32 OZ	Total 40 OZ	Total 48 OZ	Total 56 OZ	Total 64 OZ

CONGRATULATIONS!! Great Work!! GOAL: Drink 64 oz EVERY DAY!! Mindfully, Anne