

5 WEEK WATER CHALLENGE

Goal :: Drink 8 or more glasses of water a day by the end of Week 5

- Hydrates Skin
- Aids in Digestion
- Feel Fuller Longer
- Less Bloating
- Remove Toxins
- Boost Metabolism

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							