

APRIL SHOWERS HYDRATION challenge



Aim to drink half your body weight in ounces of water each day

Example: 150 lbs = 75 ounces per day



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



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

