



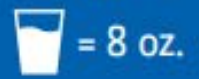
Team Tipton

Hydrate for Health



30 Day Water Challenge

Goal: 64 oz. each day



Day 1		= ____ Total
Day 2		= ____ Total
Day 3		= ____ Total
Day 4		= ____ Total
Day 5		= ____ Total
Day 6		= ____ Total
Day 7		= ____ Total
Day 8		= ____ Total
Day 9		= ____ Total
Day 10		= ____ Total
Day 11		= ____ Total
Day 12		= ____ Total
Day 13		= ____ Total
Day 14		= ____ Total
Day 15		= ____ Total

Day 16		= ____ Total
Day 17		= ____ Total
Day 18		= ____ Total
Day 19		= ____ Total
Day 20		= ____ Total
Day 21		= ____ Total
Day 22		= ____ Total
Day 23		= ____ Total
Day 24		= ____ Total
Day 25		= ____ Total
Day 26		= ____ Total
Day 27		= ____ Total
Day 28		= ____ Total
Day 29		= ____ Total
Day 30		= ____ Total