



# 1 WEEK WATER CHALLENGE!

01

Drink a glass of water when you wake up!

02

Add some fruit to your water!

03

Challenge a family member to see who can drink more water today!

04

Track how many cups of water you drink today.

05

Try a veggie in your water today!

06

Drink 8 cups of water today!

07

Track how many times you refill your water bottle today!