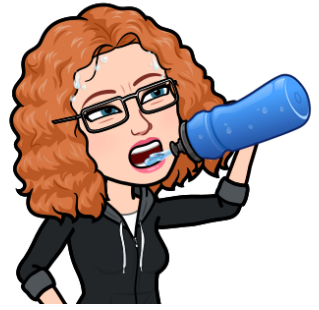


# ONE WEEK WATER CHALLENGE



Day 1							
Day 2							
Day 3							
Day 4							
Day 5							
Day 6							
Day 7							



- Calculate how much water you need to drink by taking your body weight in pounds and dividing it by 2. Whatever number you get is the fluid ounces you'll need to drink daily.
- Take the number of fluid ounces you should be drinking and divide that number by 8. This is how many ounces each glass above will represent for you.

For example: if you weigh 150 pounds then you should drink 75 ounces of water a day which makes each cup above 7.5 ounces.