

Monthly Health Challenge: Drink More Water Challenge



Would you like to increase your daily water intake? Follow this 31-day Drink More Water Challenge to feel better on the inside and out! Drinking water has proven to help clear skin, decrease excess body fat and much more.

Tips for completing this challenge:

1. During this 31-day water challenge, you will slowly increase your water intake per day throughout the month with the overall goal to drink 8-8 ounce glasses of water each day.
2. Take note of how many ounces in your water containers. For example, many varieties of bottled water contain the equivalent of several 8 ounce glasses of water. So drinking an entire bottle of water will get you closer to your daily ounce goal.
3. When you are on the go, a travel cup or water bottle with a top, is a great way to carry your water with you.
4. Don't like plain water? Try infusing your water with fruit slices and herbs for a different taste.



*Note: Each glass in the chart below refers to an 8-ounce glass of water.

1 1 glass	2 1 glass	3 2 glasses	4 2 glasses	5 2 glasses	6 2 glasses	7 3 glasses
8 3 glasses	9 3 glasses	10 3 glasses	11 4 glasses	12 4 glasses	13 4 glasses	14 4 glasses
15 5 glasses	16 5 glasses	17 5 glasses	18 5 glasses	19 6 glasses	20 6 glasses	21 6 glasses
22 6 glasses	23 6 glasses	24 7 glasses	25 7 glasses	26 7 glasses	27 7 glasses	28 8 glasses
29 8 glasses	30 8 glasses	31 8 glasses				