

Who is Ready to Rock the 7-DAY WATER CHALLENGE?



Today's Date _____

Today's Weight _____

Divide Weight by 2 _____ This is the number of ounces of water to drink each day.

Example: Weight 100lbs.
100 divided by 2 = 50
50 ounces of water is your **Challenge Amount** to drink by the end of the day!

Enter Your Challenge Amount Here

_____ ounces

| TIME OF DAY | Day 1 ounces | Day 2 ounces | Day 3 ounces | Day 4 ounces | Day 5 ounces | Day 6 ounces | Day 7 ounces |
|-------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| ex: 7am | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |

| | TOTAL OUNCES | TOTAL OUNCES | TOTAL OUNCES | TOTAL OUNCES | TOTAL OUNCES | TOTAL OUNCES | TOTAL OUNCES |
|-------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| DAILY | | | | | | | |

| CHECK THE BOX EACH DAY THAT YOU DRINK YOUR CHALLENGE AMOUNT! | | | | | | | |
|--|--|--|--|--|--|--|--|
| | | | | | | | |

Check in Each Day in the [Facebook Group](#)
for support and encouragement!