



# Aquatober Challenge (October) 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31 days of drinking nothing but water. Can you do it? That means no alcohol & no soda! Log each day how many ounces of water (aqua) you drank! Hint – you should drink at least half your body weight in ounces!						
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31 			