

30 DAY WATER CHALLENGE



Drink Your Water



Day 1 	Day 2 	Day 3 	Day 4 	Day 5 	Day 6 	Day 7
Day 8 	Day 9 	Day 10 	Day 11 	Day 12 	Day 13 	Day 14
Day 15 	Day 16 	Day 17 	Day 18 	Day 19 	Day 20 	Day 21
Day 22 	Day 23 	Day 24 	Day 25 	Day 26 	Day 27 	Day 28
		Day 29 	Day 30 	<p>Water helps you to feel great, keeps you hydrated and will suppress your appetite. Start a habit and begin today!</p> <p>WWW.DEVOURDINNER.COM</p>		

Drink 64 ounces of water per day ~ That's 8 cups of 8 oz!

