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Lack of water is the #1 trigger of daytime fatigue. A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen.

**YOUR CHALLENGE:** DRINK 64 OUNCES OF WATER EACH DAY THIS WEEK.  
CHECK OFF A WATER BOTTLE FOR EACH 8 OUNCES YOU DRINK.  
THAT'S IT – EASY!

OUNCES	8 oz.	16 oz.	24 oz.	32 oz.	40 oz.	48 oz.	56 oz.	64 oz.
MONDAY								
TUESDAY								
WED.								
THURSDAY								
FRIDAY								

**YOUR PRIZE:** May you experience some of the many benefits of proper hydration including; better concentration, more energy, improved physical performance, consuming fewer calories, regularity, and fewer headaches! 😊

Name: \_\_\_\_\_

