

November 2010

30 day challenge: Drink 64 oz. of water each day Name _____ Hour _____

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1</p> <p>Did you drink 64oz of water today? Yes / No If no, why?</p> <p>One word: I felt _____ today.</p>	<p>2</p> <p>Did you drink 64oz of water today? Yes / No If no, why?</p> <p>One word: I felt _____ today.</p>	<p>3</p> <p>Did you drink 64oz of water today? Yes / No If no, why?</p> <p>One word: I felt _____ today.</p>	<p>4</p> <p>Did you drink 64oz of water today? Yes / No If no, why?</p> <p>One word: I felt _____ today.</p>	<p>5</p> <p>Did you drink 64oz of water today? Yes / No If no, why?</p> <p>One word: I felt _____ today.</p>	<p>6</p> <p>Did you drink 64oz of water today? Yes / No If no, why?</p> <p>One word: I felt _____ today.</p>	
<p>7</p> <p>Did you drink 64oz of water today? Yes / No If no, why?</p> <p>One word: I felt _____ today.</p>	<p>8</p> <p>Did you drink 64oz of water today? Yes / No If no, why?</p> <p>One word: I felt _____ today.</p>	<p>9</p> <p>Did you drink 64oz of water today? Yes / No If no, why?</p> <p>One word: I felt _____ today.</p>	<p>10</p> <p>Did you drink 64oz of water today? Yes / No If no, why?</p> <p>One word: I felt _____ today.</p>	<p>11</p> <p>Did you drink 64oz of water today? Yes / No If no, why?</p> <p>One word: I felt _____ today.</p>	<p>12</p> <p>Did you drink 64oz of water today? Yes / No If no, why?</p> <p>One word: I felt _____ today.</p>	<p>13</p> <p>Did you drink 64oz of water today? Yes / No If no, why?</p> <p>One word: I felt _____ today.</p>
<p>14</p> <p>Did you drink 64oz of water today? Yes / No If no, why?</p> <p>One word: I felt _____ today.</p>	<p>15</p> <p>Did you drink 64oz of water today? Yes / No If no, why?</p> <p>One word: I felt _____ today.</p>	<p>16 Check In</p> <p>Did you drink 64oz of water today? Yes / No If no, why?</p> <p>One word: I felt _____ today.</p>	<p>17</p> <p>Did you drink 64oz of water today? Yes / No If no, why?</p> <p>One word: I felt _____ today.</p>	<p>18</p> <p>Did you drink 64oz of water today? Yes / No If no, why?</p> <p>One word: I felt _____ today.</p>	<p>19</p> <p>Did you drink 64oz of water today? Yes / No If no, why?</p> <p>One word: I felt _____ today.</p>	<p>20</p> <p>Did you drink 64oz of water today? Yes / No If no, why?</p> <p>One word: I felt _____ today.</p>
<p>21</p> <p>Did you drink 64oz of water today? Yes / No If no, why?</p> <p>One word: I felt _____ today.</p>	<p>22</p> <p>Did you drink 64oz of water today? Yes / No If no, why?</p> <p>One word: I felt _____ today.</p>	<p>23</p> <p>Did you drink 64oz of water today? Yes / No If no, why?</p> <p>One word: I felt _____ today.</p>	<p>24</p> <p>Did you drink 64oz of water today? Yes / No If no, why?</p> <p>One word: I felt _____ today.</p>	<p>25 Thanksgiving</p> <p>Did you drink 64oz of water today? Yes / No If no, why?</p> <p>One word: I felt _____ today.</p>	<p>26</p> <p>Did you drink 64oz of water today? Yes / No If no, why?</p> <p>One word: I felt _____ today.</p>	<p>27</p> <p>Did you drink 64oz of water today? Yes / No If no, why?</p> <p>One word: I felt _____ today.</p>
<p>28</p> <p>Did you drink 64oz of water today? Yes / No If no, why?</p> <p>One word: I felt _____ today.</p>	<p>29</p> <p>Did you drink 64oz of water today? Yes / No If no, why?</p> <p>One word: I felt _____ today.</p>	<p>30</p> <p>Did you drink 64oz of water today? Yes / No If no, why?</p> <p>One word: I felt _____ today.</p>	<p>1 Turn in</p>			