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Customize your 21 day hydration challenge by drinking at least a half ounce of water for each pound you weigh.* Write your daily goal on the glass in the daily goal box. Then give yourself a gold star for each day you reach it.

Example: If you weigh 150 pounds, aim to drink 75 ounces of water daily which is a little over 9 glasses (8 oz).

Daily goal 	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1							
Week 2							
Week 3							

*Source: WebMD, <https://www.webmd.com/diet/features/water-for-weight-loss-diet#1>, Accessed January 7, 2021