

5 DAY WATER CHALLENGE CALENDAR

Elements Health 5 Day

„water challenge“

DAY 1 Water Check-in!	DAY 2 Water Check-in!	DAY 3 Water Check-in!	DAY 4 Water Check-in!	DAY 5 Water Check-in!
<p>How much water did you drink today?</p> <p><input type="checkbox"/> 64 ounces</p> <p><input type="checkbox"/> 2.5 liters</p> <p><input type="checkbox"/> _____</p> <p>Today I felt:</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>My goal for tomorrow is:</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>How much water did you drink today?</p> <p><input type="checkbox"/> 64 ounces</p> <p><input type="checkbox"/> 2.5 liters</p> <p><input type="checkbox"/> _____</p> <p>Today I felt:</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>My goal for tomorrow is:</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>How much water did you drink today?</p> <p><input type="checkbox"/> 64 ounces</p> <p><input type="checkbox"/> 2.5 liters</p> <p><input type="checkbox"/> _____</p> <p>Today I felt:</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>My goal for tomorrow is:</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>How much water did you drink today?</p> <p><input type="checkbox"/> 64 ounces</p> <p><input type="checkbox"/> 2.5 liters</p> <p><input type="checkbox"/> _____</p> <p>Today I felt:</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>My goal for tomorrow is:</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>How much water did you drink today?</p> <p><input type="checkbox"/> 64 ounces</p> <p><input type="checkbox"/> 2.5 liters</p> <p><input type="checkbox"/> _____</p> <p>Today I felt:</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>My goal for tomorrow is:</p> <p>_____</p> <p>_____</p> <p>_____</p>

print me out!