

Gamer's Strength

21 Day Water Challenge

The goal of this challenge is to drink the daily recommended amount of 8 glasses a day for 21 days.

This challenge doesn't take time, it doesn't take effort, and it doesn't take money. It just takes water and your willingness to drink it!

Check off each glass of water for each day below, and keep the chain of checkmarks going!

Water!	Class 1	Class 2	Class 3	Class 4	Class5	Class 6	Class 7	Class 8
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								