

*Chronically Chic*TM

BEAUTIFULLY PRACTICAL

30 Day Hydration Challenge

Thank you for downloading my 30 Day Hydration Challenge printable. I hope this helps you on your health journey.

XOXO

Kallista

Instructions:

- This printable is to help make sure that you are getting 8 cups/2L/64oz of water everyday.
- Check off the square after each cup of water you consume.

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www.chronicallychicboutique.com

Toile de Jouy pattern designed by Bärbel Dressler. © Bear Bell Productions 2020



30 Day Hydration Challenge

	Cup 1	Cup 2	Cup 3	Cup 4	Cup 5	Cup 6	Cup 7	Cup 8		Cup 1	Cup 2	Cup 3	Cup 4	Cup 5	Cup 6	Cup 7	Cup 8
Day 1:		■		■		■		■	Day 16		■		■		■		■
Day 2:	■		■		■		■		Day 17	■		■		■		■	
Day 3:		■		■		■		■	Day 18		■		■		■		■
Day 4:	■		■		■		■		Day 19	■		■		■		■	
Day 5:		■		■		■		■	Day 20		■		■		■		■
Day 6:	■		■		■		■		Day 21	■		■		■		■	
Day 7:		■		■		■		■	Day 22		■		■		■		■
Day 8:	■		■		■		■		Day 23	■		■		■		■	
Day 9:		■		■		■		■	Day 24		■		■		■		■
Day 10:	■		■		■		■		Day 25	■		■		■		■	
Day 11:		■		■		■		■	Day 26		■		■		■		■
Day 12:	■		■		■		■		Day 27	■		■		■		■	
Day 13:		■		■		■		■	Day 28		■		■		■		■
Day 14:	■		■		■		■		Day 29:	■		■		■		■	
Day 15:		■		■		■		■	Day 30		■		■		■		■