30-day hydration challenge

Two litres a day for a month. Cross off each day you got there.

NAME

START DATE

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

WHAT HELPED

WHAT I NOTICED