

HYDRATION CHALLENGE

Gradually increase your daily water intake each week for 6 weeks until you achieve 8 glasses

Week 1 - Drink 3 Glasses



Week 2 - Drink 4 Glasses



Week 3 - Drink 5 Glasses



Week 4 - Drink 6 Glasses



Week 5 - Drink 7 Glasses



Week 6 - Drink 8 Glasses



Good hydration will...

- 💧 Increase Energy Levels
- 💧 Aid Digestion
- 💧 Improve Concentration
- 💧 Improve Performance
- 💧 Aid Circulation
- 💧 Reduce Headaches
- 💧 Avoid False Hunger

Visit wearewellbeing.co.uk or contact hello@wearewellbeing.co.uk for more information