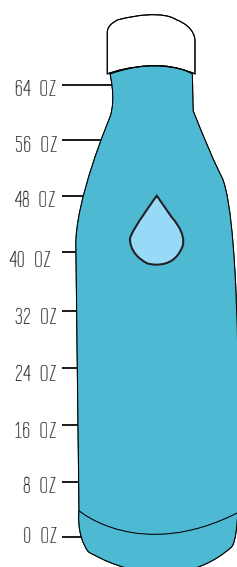




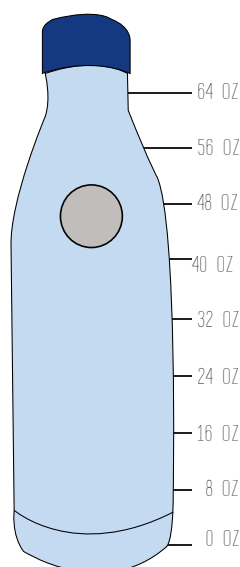
Thirsty

THURSDAYS

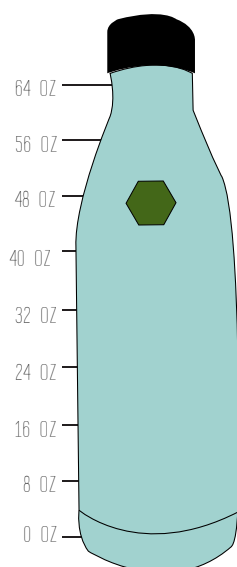
Goal: Drink at least 64 oz. of water each Thursday for a month.



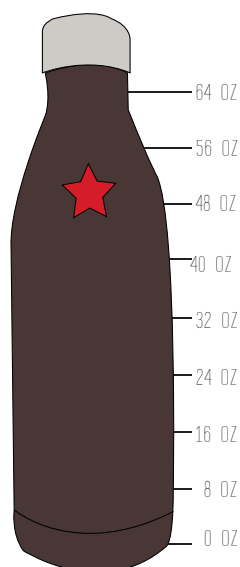
Week 1



Week 2



Week 3



Week 4

Why You Should Drink More Water:

- Keeps skin healthy and vibrant
- Improves digestion
- Detoxifies your body
- Minimizes false hunger
- Can lower blood pressure
- Promotes joint health

Tips to Drink More Water Daily:

- Invest in a nice water bottle
- Try fruit infused water
- Carry a water bottle everywhere
- Start and end your day with water
- Drink water before other meals
- Replace water for other drinks

Fun Facts about Water:

- Roughly 70% of the body is water
- Fruits and vegetables also provide hydration
- When you feel thirsty dehydration is already setting in
- Immediate weight loss from exercise is water weight