



THIRSTY FOR SUMMMER?

J U N E

30	31	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	29	29	30	1	2	3

- Use this calendar to track your progress throughout the month!
- Each day, take a moment to note down:
 - whether or not you have completed your water in-take challenge
 - how hard or easy you found it
 - some notes about how you're feeling

• E.g

	6 ✓ 😊 Drank 3 litres of water today!	7
--	---	---