



SAINT SEBASTIAN SPORTS PROJECT  
**FITNESS CHALLENGE**  
10-DAYS OF FITNESS FUN


*drink  
water*

**LET'S GET FIT!**



# 10-Day Water Challenge

**GOAL:** Drink at least 3 glasses a day and work up to 8 glasses = 64oz

 = 8 oz.

**Day 1**  = \_\_\_\_\_ **Total**

**Day 2**  = \_\_\_\_\_ **Total**

**Day 3**  = \_\_\_\_\_ **Total**

**Day 4**  = \_\_\_\_\_ **Total**

**Day 5**  = \_\_\_\_\_ **Total**

**Day 6**  = \_\_\_\_\_ **Total**

**Day 7**  = \_\_\_\_\_ **Total**

**Day 8**  = \_\_\_\_\_ **Total**

**Day 9**  = \_\_\_\_\_ **Total**

**Day 10**  = \_\_\_\_\_ **Total**