

JUNE 2024 LIFE WATER CHALLENGE



The challenge for June 2024 is to set a goal of drinking 8 glasses (64 ounces) of water at least four days every week for the 4 weeks below. Color in each glass below when you drink a glass of water. Earn 10 LIFE Points upon completion of this challenge!



HOW MUCH WATER CAN YOU DRINK?

June 3-9, 2024

June 10-16, 2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1)							
2)							
3)							
4)							
5)							
6)							
7)							
8)							

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1)							
2)							
3)							
4)							
5)							
6)							
7)							
8)							

June 17-23, 2024

June 24-30, 2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1)							
2)							
3)							
4)							
5)							
6)							
7)							
8)							

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1)							
2)							
3)							
4)							
5)							
6)							
7)							
8)							

NAME: _____

Department: _____

*Please turn in to Kristina Loughborough at Macon County Public Health, kloughborough@maconnc.org, when completed to receive 10 LIFE Points.

