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 DAY 1	 DAY 2	 DAY 3	 DAY 4	 DAY 5	 DAY 6	 DAY 7
 DAY 8	 DAY 9	 DAY 10	 DAY 11	 DAY 12	 DAY 13	 DAY 14
 DAY 15	 DAY 16	 DAY 17	 DAY 18	 DAY 19	 DAY 20	 DAY 21
 DAY 22	 DAY 23	 DAY 24	 DAY 25	 DAY 26	 DAY 27	 DAY 28
 DAY 29	 DAY 30	<p>This challenge is designed to improve your daily hydration. Complete each day by drinking $\frac{1}{2}$ your body weight in ounces of water and shading in the cup. This must be done in one of the months listed below.</p> <p>Name: _____</p> <p>Month: June July August (circle one)</p>				

Please submit your completed form to the Staff in the Rec Center or email to recc@larsondoors.com by **September 8th, 2023**, for a chance to win a prize.