






Aquatober Challenge - Drink Water Every Day in October

Color in the glass each day that you drink the specified amount of water.

At the end of the month when you have drank the specified amount of water every day email this page to richardsona1@gcssd.org to be entered to win a Subway card.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Drink 24 oz.					1 	2 	3 
Drink 24 oz.	4 	5 	6 	7 	8 	9 	10 
Drink 36 oz.	11 	12 	13 	14 	15 	16 	17 
Drink 48 oz.	18 	19 	20 	21 	22 	23 	24 
Drink 64 oz.	25 	26 	27 	28 	29 	30 	31 