



Dates: July 1, 2021 – August 31, 2021

Goal: Drink $\frac{1}{2}$ your body weight in ounces each day. Ex. If you weigh 100 pounds, you should drink 50 ounces of water each day.

Track your intake: Record the amount of water you drink every day on the water challenge tracking sheet

Submit your information by Email or Phone (see below):

Submit your weekly total by Sunday @ 6:00 pm

Ex. Wk 7/1/21 – 7/3/21 - info due by 7/4/21 @ 6:00 pm

Wk 7/4/21 – 7/10/21 – info due by 7/11/21 @ 6:00 pm

Email: h20challenge.ambc@gmail.com

Phone: 454-6096 (Church Office)

Misc: Provide your email address and watch for fun facts, recipes, games and prizes throughout the challenge!!

Questions: Sis. Earlene Sapp, Event Coordinator