

# 7-Day Hydration Challenge

Day	Focus	Daily Mission
Day 1	Set Your Hydration Goal	Hit your water goal.
Day 2	Morning Hydration Boost	Drink a glass within the first hour.
Day 3	Hydrate With Every Meal	Drink a glass before each meal.
Day 4	Hydrating Foods	Add two water-rich foods.
Day 5	Track Your Hydration	Log every glass today.
Day 6	Swap One Drink	Replace one dehydrating drink.
Day 7	Habit Check-In	Choose one habit to continue.

## Notes / Daily Check-In:

Day 1:

Day 2:

Day 3:

Day 4:

Day 5:

Day 6:

Day 7: