



# 7-Day Water Intake Challenge

**BL**

# BuiltLean®

## 7-Day Water Intake Challenge

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Mark an **"X"** for each day you meet the daily intake goal.

### The Challenge

Drink at least 60 ounces of water a day for 7-days. This equates to drinking 5 12-ounce glasses of water, or 2 32-ounce water bottles.

### The Benefits

1. Reduce Hunger
2. Improve Mental Clarity
3. Improve Energy Levels

### The Considerations

Drink 2 32-ounce water bottles to make tracking results simple

Original post at [www.builtlean.com/water-intake-challenge/](http://www.builtlean.com/water-intake-challenge/)