REYOU UP FOR

THE CHALLENGE?

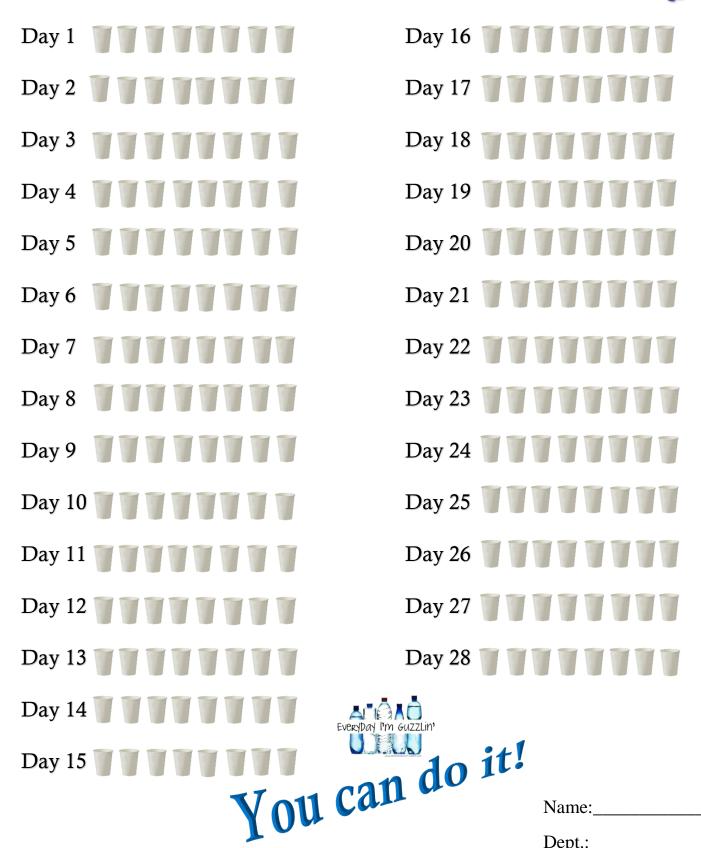


- Increase your metabolism
- Aid in weight loss
- . Flush out toxins
- Healthier skin
- - . Boost energy
 - . Relieve fatigue
 - Reduce risk of certain cancers



Each cup represents 8 oz. Your goal is to drink 64 oz. of water per day. Cross off each cup after consuming a refeshing glass or bottle of water. At the end of the month each qualifying participant will receice a new water bottle!

February Water Challenge



Dept.:_____