



MARCH



	MON	TUES	WED	THUR	FRI	SAT	SUN
WEEK 1		<input checked="" type="checkbox"/> 1 LET THE CHALLENGE BEGIN!	<input type="checkbox"/> 2 Don't forget to share your fundraising page on social media to let your friends and family know you're taking part.	<input type="checkbox"/> 3 Headaches? Studies show that withdrawal symptoms are worst in the first few days. KEEP AT IT!	<input type="checkbox"/> 4 Friday night drinks? Ask friends to donate what they would have spent on drinks to your fundraising page!	<input type="checkbox"/> 5 	<input type="checkbox"/> 6 Need some moral support? Follow our Water Challenge Facebook group for tips and to connect with others taking part.
WEEK 2	<input type="checkbox"/> 7 Week 1 complete- CONGRATULATIONS!	<input type="checkbox"/> 8 	<input type="checkbox"/> 9 Looking for a mid week pick me up? Check out our recipes at waterchallenge.org.au	<input type="checkbox"/> 10 FEELING MORE HYDRATED? 80% of Australian adults suffer from chronic dehydration. Don't be one of them!	<input type="checkbox"/> 11 	<input type="checkbox"/> 12 Got a special occasion? Purchase a Raise a Glass pass for \$24 to take a day off.	<input type="checkbox"/> 13 Brunch date with friends? Ask your barista for hot water to accompany your smashed avo.
WEEK 3	<input type="checkbox"/> 14 	<input type="checkbox"/> 15 You've made it half way- ask your friends and family for a donation to celebrate!	<input type="checkbox"/> 16 TOP TIP: Try some mint in hot water. It's delicious!	<input type="checkbox"/> 17 Don't forget to bring a reusable water bottle with you wherever you go to refill at a nearby tap. Good for your wallet and good for the environment!	<input type="checkbox"/> 18 Heading to dinner this weekend? Ask your friends to join you in going dry and donate whatever they would have spent on drinks!	<input type="checkbox"/> 19 	<input type="checkbox"/> 20 Catching up with a mate this weekend? Suggest an outdoor activity like a walk or lawn bowls as an alternative to the pub.
WEEK 4	<input type="checkbox"/> 21 Missing your morning tea or coffee? Nibble on coffee beans to get that caffeine hit via a snack.	<input type="checkbox"/> 22 It's World Water Day! Check your emails to hear how you can win prizes with your fundraising efforts.	<input type="checkbox"/> 23 	<input type="checkbox"/> 24 Just one week left. KEEP GOING!	<input type="checkbox"/> 25 Don't forget to ask friends and family to donate this weekend!	<input type="checkbox"/> 26 Last weekend of the Water Challenge! Celebrate with a fizzy water!	<input type="checkbox"/> 27
WEEK 5	<input type="checkbox"/> 28 You're on the home stretch! Remember why you're doing this - to help bring water and hope to people around the world.	<input type="checkbox"/> 29 	<input type="checkbox"/> 30 One more day, YOU'RE NEARLY THERE!	<input type="checkbox"/> 31 LAST DAY.... YOU DID IT!	RAISE A GLASS PASS NEED A DAY OFF? Buy a Raise a Glass Pass for \$24 for a 24 hour break from the Challenge.		