



ONE DRINK, ONE MONTH

	SUN	MON	TUES	WED	THUR	FRI	SAT
WEEK 1	<div>✓ 1</div> <div>LET THE CHALLENGE BEGIN!</div>	<div>■ 2</div> <div>Don't forget to share your fundraising page on social media to let your friends and family know you're taking part.</div>	<div>■ 3</div> <div>Headaches? Studies show that withdrawal symptoms are worst in the first few days. KEEP AT IT!</div>	<div>■ 4</div> <div></div>	<div>■ 5</div> <div>Need some moral support? Join our Facebook group to connect with other Water Challengers.</div>	<div>■ 6</div> <div>Friday night drinks? Ask friends to donate what they would have spent on drinks to your fundraising page!</div>	<div>■ 7</div> <div>Week 1 complete. CONGRATULATIONS!</div>
WEEK 2	<div>■ 8</div> <div>It's International Womens Day. By taking part in the Water Challenge you're helping women across the world access water.</div>	<div>■ 9</div> <div>BACK AT WORK? Stay strong and avoid that caffeine!</div>	<div>■ 10</div> <div></div>	<div>■ 11</div> <div>Looking for a mid week pick me up? Check out our recipes at waterchallenge.org.au</div>	<div>■ 12</div> <div>HOW ARE YOU FEELING? HYDRATED? SLEEPING BETTER?</div>	<div>■ 13</div> <div></div>	<div>■ 14</div> <div>Got a special occasion? Purchase a Raise a Glass pass for \$24 to take a day off.</div>
WEEK 3	<div>■ 15</div> <div>Brunch date with friends? Ask your barista for hot water to accompany your smashed avo.</div>	<div>■ 16</div> <div>You've made it over half way- ask your friends and family for a donation to celebrate!</div>	<div>■ 17</div> <div>You can still celebrate St Patricks Day whilst taking part in the Water Challenge- enjoy some green snacks!</div>	<div>■ 18</div> <div>TOP TIP: Try some mint in hot water. It's delicious!</div>	<div>■ 19</div> <div></div>	<div>■ 20</div> <div>Heading to dinner this weekend? Ask your friends to join you in going dry and donate whatever they would have spent on drinks!</div>	<div>■ 21</div> <div>Catching up with a mate this weekend? Suggest an outdoor activity like a walk or lawn bowls as an alternative to the pub.</div>
WEEK 4	<div>■ 22</div> <div>It's World Water Day! Check your emails to find out how your fundraising efforts can win you prizes.</div>	<div>■ 23</div> <div></div>	<div>■ 24</div> <div>Missing your morning tea or coffee? Nibble on coffee beans to get that caffeine hit via a snack.</div>	<div>■ 25</div> <div>Just one week left. KEEP GOING!</div>	<div>■ 26</div> <div></div>	<div>■ 27</div> <div>Don't forget to ask friends and family to donate this weekend!</div>	<div>■ 28</div> <div>Last weekend of the Water Challenge! Celebrate with a fizzy water!</div>
WEEK 5	<div>■ 29</div> <div></div>	<div>■ 30</div> <div>It's the last Monday of the Challenge, don't give up now!</div>	<div>■ 31</div> <div>LAST DAY.... YOU DID IT!</div>	<div>MARCH</div> <div></div> <div></div>			