Union General Hydration Challenge



DATE	Amount of Water	How do you feel?	Check if Goal Met
		I .	1

21 - DAY WALKING CHALLENGE

Union General Hospital

DAY	DATE	DISTANCE	TIME	THOUGHTS
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				
21				