



# Water Bottle



The Water Bottle Challenge invites you to keep a water bottle or a glass of water at your desk all day for the next 20 days. If you don't work at a desk, Keep a water bottle at your virtual desk-car, couch, or whatever it may be. As soon as you drink the last drop, refill it immediately. Having water readily available will make it easy for you to drink plenty of it each day. To complete this challenge track "YES" for each day you keep water at your desk.


I've completed the challenge!

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(Print Name)