Drink 2 litres
of water daily for
clearer & more youthful skin,
improved mental clarity,
more energy.

Prevent
dehydration headaches,
constipation, UTI's,
dry eyes, muscle cramps.

Hydrate
every cell in our body to assist heart
lung & performance,
of all organs & more benefits.

The DYBO H2O'CTOBER Challenge

= 500ml

Every 500ml drunk

Avoid sodas
artificial sweeteners
caffinated drinks
Drink hot or cold water with slices of
fruit (lemon, lime, orange)
Or mint leaves for flavour

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5

DAY 6	DAY 7	DAY 8	DAY 9	DAY 10

DAY 11	DAY 12	DAY 13	DAY 14	DAY 15

DAY 16	DAY 17	DAY 18	DAY 19	DAY 20

DAY 21	DAY 22	DAY 23	DAY 24	DAY 25

DAY 26	DAY 27	DAY 28	DAY 29	DAY 30

DAY 31

You did it!