

7-Day Hydration Glow Challenge

Track your daily water intake and build a healthy hydration habit ■

Day	Glasses of Water (Goal: 6–8)	Notes / How You Felt
Day 1		
Day 2		
Day 3		
Day 4		
Day 5		
Day 6		
Day 7		

Tip: Start your morning with 1–2 glasses of water before coffee or tea.

Brand: Radiant Wellness Hub