



MARCH



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WEEK 1

LET THE CHALLENGE BEGIN!

Don't forget to share your fundraising page on social media to let your friends and family know you're taking part.

Headaches? Studies show that withdrawal symptoms are worst in the first few days.
KEEP AT IT!



Friday night drinks? Ask friends to donate what they would have spent on drinks to your fundraising page!

Need some moral support? Follow our Water Challenge Facebook page for tips and to connect with others taking part.

Week 1 complete-
CONGRATULATIONS!

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WEEK 2

It's International Womens Day. By taking part in the Water Challenge you're helping women across the world access water.



Looking for a mid week pick me up? Check out our recipes at waterchallenge.org.au

FEELING MORE HYDRATED?
80% of Australian adults suffer from chronic dehydration. Don't be one of them!



Got a special occasion? Purchase a Raise a Glass pass for \$24 to take a day off.

Brunch date with friends? Ask your barista for hot water to accompany your smashed avo.

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WEEK 3



You've made it over half way- ask your friends and family for a donation to celebrate!

You can still celebrate St Patricks Day whilst taking part in the Water Challenge- enjoy some green snacks!

TOP TIP:
Try some mint in hot water. It's delicious!

Heading to dinner this weekend? Ask your friends to join you in going dry and donate whatever they would have spent on drinks!



Catching up with a mate this weekend? Suggest an outdoor activity like a walk or lawn bowls as an alternative to the pub.

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WEEK 4

It's World Water Day! Check your emails to hear how you can win prizes with your fundraising efforts.

Just one week left.
KEEP GOING!



Missing your morning tea or coffee? Nibble on coffee beans to get that caffeine hit via a snack.

Don't forget to ask friends and family to donate this weekend!

Last weekend of the Water Challenge! Celebrate with a fizzy water!



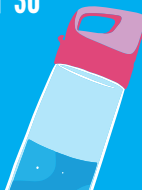
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WEEK 5

You're on the home stretch! Remember why you're doing this - to help bring water and hope to people around the world.



LAST DAY.... YOU DID IT!

RAISE A GLASS PASS

NEED A DAY OFF?
Buy a Raise a Glass Pass for \$24 for a 24 hour break from the Challenge.

