

RCSD 21 DAY HYDRATION CHALLENGE

8 glasses 8 oz each

DAY 1:



DAY 2:



DAY 3:



DAY 4:



DAY 5:



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:



RCSD Cares



Submit to wellness@rcsdk12.org by 4/1/25 to enter raffle