28 Day Water Challenge -

monday					17.00 10.00	17.00 10.00	1-5	1-5		
Tuesday										
Wednesday										
Chursday					1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1				
Friday										
Saturday										
Sunday										
monday										
Tuesday										
Wednesday										
Chursday										
Friday										
Saturday										
Sunday					1.4°	1.4°				

28 Day Water Challenge -

Monday			1-5	1.0°	17.00 10.00	17.00 10.00	1-5			
Tuesday										
Wednesday				10 mm	5:5	5:5				
Chursday					1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1				
Friday										
Saturday										
Sunday				10 mm	5:5	5:5				
Monday					1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1				
Tuesday					1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1				
Wednesday					9: 4°	9: 4°				
Thursday					1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1				
Friday					1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1				
Saturday					1 / 2 / 2 / 2 / 2 / 2 / 2 / 2 / 2 / 2 /	1 / 2 / 2 / 2 / 2 / 2 / 2 / 2 / 2 / 2 /				
Sunday										
28										
dverdge		 	 				 	 	 	