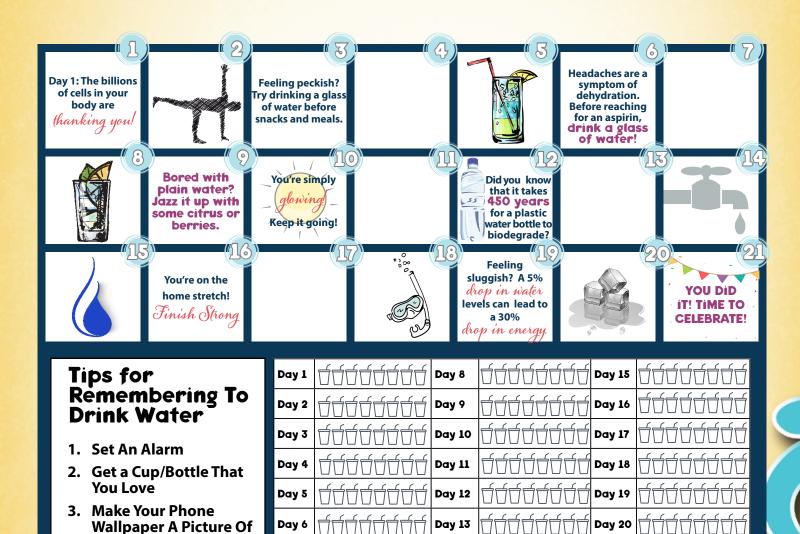


Water

Working~Well challenges you to make water your #1 beverage choice each day for 3 weeks. As a general rule of thumb, shoot for 6-8 glasses daily.





Day 14

Day 21