

# Four Week Water Challenge

## Record Form 2017



ADVENTIST  
EDUCATION



ADVENTIST  
AGED CARE

Last Name		First Name		Phone	
Employer (tick one)	<input type="checkbox"/> Adventist Church <input type="checkbox"/> Adventist Aged Care <input type="checkbox"/> Adventist Schools	Facility/Location Name (i.e. Melody Park ARV, Noosa CC, ARC, Local church)		Email	

### Waist Measurement in Centimetres (CM) (First measurement taken around 6<sup>th</sup> February. Second measurement taken at the end of the challenge.)

Start (Monday 6 <sup>th</sup> February)		End (Sunday 12 <sup>th</sup> March)		Difference	
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### Money spent on any drinks containing sugar (including juice) from 6<sup>th</sup> February to 12<sup>th</sup> February 2017 inclusive

Monday 6 <sup>th</sup> February		Thursday 9 <sup>th</sup> February		Saturday 11 <sup>th</sup> February	
Tuesday 7 <sup>th</sup> February		Friday 10 <sup>th</sup> February		Sunday 12 <sup>th</sup> February	
Wednesday 8 <sup>th</sup> February				Total \$ amount spent:	\$

### CHALLENGE: How many days did you drink 1.5-2 Litres of water (tick the days you reached the goal)

Week 1		Week 2		Week 3		Week 4	
Mon 13 <sup>th</sup> Feb		Mon 20 <sup>th</sup> Feb		Mon 27 <sup>th</sup> Feb		Mon 6 <sup>th</sup> Mar	
Tue 14 <sup>th</sup> Feb		Tue 21 <sup>st</sup> Feb		Tue 28 <sup>th</sup> Feb		Tue 7 <sup>th</sup> Mar	
Wed 15 <sup>th</sup> Feb		Wed 22 <sup>nd</sup> Feb		Wed 1 <sup>st</sup> Mar		Wed 8 <sup>th</sup> Mar	
Thu 16 <sup>th</sup> Feb		Thu 23 <sup>rd</sup> Feb		Thu 2 <sup>nd</sup> Mar		Thu 9 <sup>th</sup> Mar	
Fri 17 <sup>th</sup> Feb		Fri 24 <sup>th</sup> Feb		Fri 3 <sup>rd</sup> Mar		Fri 10 <sup>th</sup> Mar	
Sat 18 <sup>th</sup> Feb		Sat 25 <sup>th</sup> Feb		Sat 4 <sup>th</sup> Mar		Sat 11 <sup>th</sup> Mar	
Sun 19 <sup>th</sup> Feb		Sun 26 <sup>th</sup> Feb		Sun 5 <sup>th</sup> Mar		Sun 12 <sup>th</sup> Mar	