













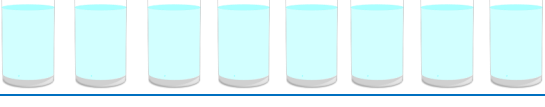
















LEAN WELLNESS HYDRATION CHALLENGE CHART

Day 1		Day 2	
Day 3		Day 4	
Day 5		Day 6	
Day 7		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		Day 22	
Day 23		Day 24	
Day 25		Day 26	
Day 27		Day 28	

one  represents 8 oz of water and you should drink 64 oz or eight glasses a day