

# Sugar/Water Challenge

## FBCC FITNESS MINISTRY

Receive 1point per task complete. A total of 14 points per week possible

WEEK	TASK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL
	MAX 25 GRAMS ADDED SUGAR								
	DRINK 8 CUPS WATER								
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	DRINK 8 CUPS WATER								
TOTAL POINTS EARNED: SUGAR/WATER									----