
Challenge yourself to drink nothing but water this January.

- **Wed 6 Jan** - Raise £10 on your online fundraising page and we'll send you an exclusive, reusable bottle as a reward.
- **Thu 7 Jan** - Quick pick me up? Liven up your water with a slice or two of lemon.
- **Fri 8 Jan** - Got a special occasion? Ask someone to donate to you £24 to raise a glass pass, so you can take a day off.
- **Sat 9 Jan** - Pub trip planned? Ask your friends to donate what they would have spent on buying you a drink.
- **Sun 10 Jan** - Having a dinner party? Use our recipes inspired by drinks you’re missing the most and ask guests for a donation on arrival.
- **Mon 11 Jan** - Must avoid caffeine! First full week at work. Not ready. Dreaming of Christmas.
- **Tue 12 Jan** - Keep going, you've got this!

- **Wed 13 Jan** - Hit a wall? Remember why you’re doing this - to help bring water and fresh hope to people around the world.
- **Thu 14 Jan** - Happy Friday! Why not donate to yourself what you'd normally spend on a coffee this morning?
- **Fri 15 Jan** - Half way through! Celebrate by posting about it on your social media page.
- **Sat 16 Jan** - It's National compliment day. Say something nice to friends and ask them for a donation in return.
- **Sun 17 Jan** - Final push. Ask your friends and family for donations to see you over the finish line.
- **Mon 18 Jan** - Keep going. You’ve got this!
- **Tue 19 Jan** - Nearly there. By drinking Just Water you’re helping to transform the lives of people like Yenus and his family.

- **Wed 20 Jan** - Top Tip! Try some mint in hot water. It's delicious!
- **Thu 21 Jan** - Nearly there. 4 weeks down! Celebrate with nice glass of fizzy water!
- **Fri 22 Jan** - 4 weeks down! Celebrate with nice glass of fizzy water!
- **Sat 23 Jan** - Don't give up now...
- **Sun 24 Jan** - Excited about having a drink tomorrow?
- **Mon 25 Jan** - Nearly there. 4 weeks down! Celebrate with nice glass of fizzy water!
- **Tue 26 Jan** - Nearly there. 4 weeks down! Celebrate with nice glass of fizzy water!

- **Wed 27 Jan** - Help children like Yenus. Yenus, collecting water from the River Lah in Frat, Ethiopia. The money you raise this month can help bring clean water to children like Yenus around the world.
- **Thu 28 Jan** - Help children like Yenus. Yenus, collecting water from the River Lah in Frat, Ethiopia. The money you raise this month can help bring clean water to children like Yenus around the world.
- **Fri 29 Jan** - Help children like Yenus. Yenus, collecting water from the River Lah in Frat, Ethiopia. The money you raise this month can help bring clean water to children like Yenus around the world.
- **Sat 30 Jan** - Help children like Yenus. Yenus, collecting water from the River Lah in Frat, Ethiopia. The money you raise this month can help bring clean water to children like Yenus around the world.
- **Sun 31 Jan** - Help children like Yenus. Yenus, collecting water from the River Lah in Frat, Ethiopia. The money you raise this month can help bring clean water to children like Yenus around the world.

Matching your donations with UK aid. Until 4 February 2021, your donations to Future on Tap will be doubled by the UK government, up to £2 million, making double the difference in climate-vulnerable communities like Frat.

**Donate £24 for 24 hours off**
Donate £48 for a whole weekend off. Just £24 will provide one person with safe water and your donation will be doubled by the UK government.