

# No headaches. No hangovers. Just Water.



Challenge yourself to drink nothing but water this January.

Let the challenge begin!

**Big weekend?**

Everyone says the first few days are the hardest.

**Pub trip planned?**

Ask your friends to donate what they would have spent on buying you a drink.

**Must avoid caffeine!**

First full week at work. Not ready. Dreaming of Christmas.

FRI 1 JAN

SAT 2 JAN

SUN 3 JAN

MON 4 JAN

TUE 5 JAN

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 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

**Having a dinner party?**

Use our recipes inspired by drinks you're missing the most and ask guests for a donation on arrival.

SUN 10 JAN

MON 11 JAN

**Keep going, you've got this!**

TUE 12 JAN

**Hit a wall?**

Remember why you're doing this - to help bring water and fresh hope to people around the world.

WED 13 JAN

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

SUN 17 JAN

MON 18 JAN

TUE 19 JAN

**Struggling this week?**

Hit us up if you have any questions at [justwater@wateraid.org](mailto:justwater@wateraid.org)

WED 20 JAN

THU 21 JAN

**Top Tip!**

Try some mint in hot water. It's delicious!

FRI 22 JAN

**Half way through!**

Celebrate by posting about it on your social media page.

SAT 23 JAN

**It's National compliment day**

Say something nice to friends and ask them for a donation in return.

SUN 24 JAN

**Final push**

Ask your friends and family for donations to see you over the finish line.

MON 25 JAN



TUE 26 JAN

**Nearly there**

By drinking Just Water you're helping to transform the lives of people like Yenus and his family.

WED 27 JAN

**4 weeks down!**

Celebrate with nice glass of fizzy water!

THU 28 JAN

**Don't give up now...**

FRI 29 JAN

**Excited about having a drink tomorrow?**

SAT 30 JAN

**YAY- YOU DID IT!**

Congrats on drinking Just Water for a whole month. Legend!

SUN 31 JAN

**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.



**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



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.

Registered with



FUNDRAISING REGULATOR