

No headaches. No hangovers. Just Water.



Challenge yourself to drink nothing but water this January.

Pub trip planned? Ask your friends to donate what they would have spent on buying you a drink. <input type="checkbox"/> SAT 6 JAN		Let the challenge begin! Everyone says the first few days are the hardest. #WaterMeansLife <input type="checkbox"/> MON 1 JAN		Is your birthday in January? Ask people to donate to your fundraising page in lieu of a gift! <input type="checkbox"/> TUE 2 JAN		Must avoid caffeine! First week at work. Not ready. Dreaming of Christmas. <input type="checkbox"/> WED 3 JAN		<input type="checkbox"/> THU 4 JAN		<input type="checkbox"/> FRI 5 JAN			
<input type="checkbox"/> SUN 7 JAN		Raise the £200 Just Water target and we'll send you a coaster, water bottle and t-shirt!  <input type="checkbox"/> MON 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. <input type="checkbox"/> TUE 9 JAN		<input type="checkbox"/> WED 10 JAN		<input type="checkbox"/> THU 11 JAN		Happy Friday! Why not donate to yourself what you'd normally spend on a coffee this morning? <input type="checkbox"/> FRI 12 JAN			
Hit a wall? Remember why you're doing this - to help bring water and fresh hope to people around the world. <input type="checkbox"/> SAT 13 JAN		<input type="checkbox"/> SUN 14 JAN		Half way through! Celebrate by posting about it on your social media page. #WaterMeansLife <input type="checkbox"/> MON 15 JAN		<input type="checkbox"/> TUE 16 JAN		<input type="checkbox"/> WED 17 JAN		Struggling this week? Hit us up if you have any questions at justwater@wateraid.org <input type="checkbox"/> THU 18 JAN		<input type="checkbox"/> FRI 19 JAN	
Quick pick me up? Liven up your water with a slice or two of lemon.  <input type="checkbox"/> SAT 20 JAN		<input type="checkbox"/> SUN 21 JAN		Top Tip! Try some mint in hot water. It's delicious! <input type="checkbox"/> MON 22 JAN		<input type="checkbox"/> TUE 23 JAN		Ask if your workplace will match your fundraising! Some companies offer a matched giving scheme, it's worth checking! <input type="checkbox"/> WED 24 JAN		<input type="checkbox"/> THU 25 JAN		 Don't give up now... <input type="checkbox"/> FRI 26 JAN	
<input type="checkbox"/> SAT 27 JAN		<input type="checkbox"/> SUN 28 JAN		<input type="checkbox"/> MON 29 JAN		<input type="checkbox"/> TUE 30 JAN		Yay - It's your last day! Congrats on drinking Just Water for a whole month. Legend! <input type="checkbox"/> WED 31 JAN		Donate £24 for 24 hours off Donate £48 for a whole weekend off #WaterMeansLife			



The money you raise this month can help build sustainable water sources. The climate crisis is a water crisis, with more extreme floods polluting fragile water sources and longer droughts drying up springs and wells. With weather-proof taps and toilets, we can make sure that Water Means Life in communities in Bangladesh and across the world, so they can survive and thrive.

