



No headaches. No hangovers. Just Water.

Challenge yourself to drink
nothing but water this January.



		Let the challenge begin! Everyone says the first few days are the hardest. #WaterMeansLife	Is your birthday in January? Ask people to donate to your fundraising page in lieu of a gift!			Must avoid caffeine! First week at work. Not ready. Dreaming of Christmas.	
		<input type="checkbox"/> MON 1 JAN	<input type="checkbox"/> TUE 2 JAN	<input type="checkbox"/> WED 3 JAN	<input type="checkbox"/> THU 4 JAN	<input type="checkbox"/> FRI 5 JAN	
Pub trip planned? Ask your friends to donate what they would have spent on buying you a drink.		Raise the £200 Just Water target and we'll send you a coaster, water bottle and t-shirt! 	Got a special occasion? Ask someone to donate to you £24 to raise a glass pass, so you can take a day off.			Keep going, you've got this!	Happy Friday! Why not donate to yourself what you'd normally spend on a coffee this morning?
<input type="checkbox"/> SAT 6 JAN	<input type="checkbox"/> SUN 7 JAN	<input type="checkbox"/> MON 8 JAN	<input type="checkbox"/> TUE 9 JAN	<input type="checkbox"/> WED 10 JAN	<input type="checkbox"/> THU 11 JAN	<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.		Half way through! Celebrate by posting about it on your social media page. #WaterMeansLife			Struggling this week? Hit us up if you have any questions at justwater@wateraid.org		
<input type="checkbox"/> SAT 13 JAN	<input type="checkbox"/> SUN 14 JAN	<input type="checkbox"/> MON 15 JAN	<input type="checkbox"/> TUE 16 JAN	<input type="checkbox"/> WED 17 JAN	<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.		Top Tip! Try some mint in hot water. It's delicious!			Ask if your workplace will match your fundraising! Some companies offer a matched giving scheme, it's worth checking!	Final push Ask your friends and family for donations to see you over the finish line.	 Don't give up now...
<input type="checkbox"/> SAT 20 JAN	<input type="checkbox"/> SUN 21 JAN	<input type="checkbox"/> MON 22 JAN	<input type="checkbox"/> TUE 23 JAN	<input type="checkbox"/> WED 24 JAN	<input type="checkbox"/> THU 25 JAN	<input type="checkbox"/> FRI 26 JAN	
Nearly there By drinking Just Water you're helping to transform the lives of many people.	4 weeks down! Celebrate with a nice glass of fizzy water!		Excited to complete your last day of Just Water tomorrow?	Yay - It's your last day! Congrats on drinking Just Water for a whole month. Legend!	Donate £24 for 24 hours off Donate £48 for a whole weekend off #WaterMeansLife		
<input type="checkbox"/> SAT 27 JAN	<input type="checkbox"/> SUN 28 JAN	<input type="checkbox"/> MON 29 JAN	<input type="checkbox"/> TUE 30 JAN	<input type="checkbox"/> WED 31 JAN			



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.

