

# No headaches. No hangovers. Just Water.



Challenge yourself to drink nothing but water this January.

		<p><b>Let the challenge begin!</b> Everyone says the first few days are the hardest. #WaterMeansLife</p> <p><input type="checkbox"/> MON 1 JAN</p>	<p><b>Is your birthday in January?</b> Ask people to donate to your fundraising page in lieu of a gift!</p> <p><input type="checkbox"/> TUE 2 JAN</p>	<p><input type="checkbox"/> WED 3 JAN</p>	<p><b>Must avoid caffeine!</b> First week at work. Not ready. Dreaming of Christmas.</p> <p><input type="checkbox"/> THU 4 JAN</p>	<p><input type="checkbox"/> FRI 5 JAN</p>
<p><b>Pub trip planned?</b> Ask your friends to donate what they would have spent on buying you a drink.</p> <p><input type="checkbox"/> SAT 6 JAN</p>	<p><input type="checkbox"/> SUN 7 JAN</p>	<p><b>Raise the £200 Just Water target</b> and we'll send you a coaster, water bottle and t-shirt!</p> <p> <input type="checkbox"/> MON 8 JAN</p>	<p><b>Got a special occasion?</b> Ask someone to donate to you £24 to raise a glass pass, so you can take a day off.</p> <p><input type="checkbox"/> TUE 9 JAN</p>	<p><input type="checkbox"/> WED 10 JAN</p>	<p><b>Keep going, you've got this!</b></p> <p><input type="checkbox"/> THU 11 JAN</p>	<p><b>Happy Friday!</b> Why not donate to yourself what you'd normally spend on a coffee this morning?</p> <p><input type="checkbox"/> FRI 12 JAN</p>
<p><b>Hit a wall?</b> Remember why you're doing this - to help bring water and fresh hope to people around the world.</p> <p><input type="checkbox"/> SAT 13 JAN</p>	<p><input type="checkbox"/> SUN 14 JAN</p>	<p><b>Half way through!</b> Celebrate by posting about it on your social media page. #WaterMeansLife</p> <p><input type="checkbox"/> MON 15 JAN</p>	<p><input type="checkbox"/> TUE 16 JAN</p>	<p><input type="checkbox"/> WED 17 JAN</p>	<p><b>Struggling this week?</b> Hit us up if you have any questions at <a href="mailto:justwater@wateraid.org">justwater@wateraid.org</a></p> <p><input type="checkbox"/> THU 18 JAN</p>	<p><input type="checkbox"/> FRI 19 JAN</p>
<p><b>Quick pick me up?</b> Liven up your water with a slice or two of lemon.</p> <p></p> <p><input type="checkbox"/> SAT 20 JAN</p>	<p><input type="checkbox"/> SUN 21 JAN</p>	<p><b>Top Tip!</b> Try some mint in hot water. It's delicious!</p> <p><input type="checkbox"/> MON 22 JAN</p>	<p><input type="checkbox"/> TUE 23 JAN</p>	<p><b>Ask if your workplace will match your fundraising!</b> Some companies offer a matched giving scheme, it's worth checking!</p> <p><input type="checkbox"/> WED 24 JAN</p>	<p><b>Final push</b> Ask your friends and family for donations to see you over the finish line.</p> <p><input type="checkbox"/> THU 25 JAN</p>	<p> <b>Don't give up now...</b></p> <p><input type="checkbox"/> FRI 26 JAN</p>
<p><b>Nearly there</b> By drinking Just Water you're helping to transform the lives of many people.</p> <p><input type="checkbox"/> SAT 27 JAN</p>	<p><b>4 weeks down!</b> Celebrate with a nice glass of fizzy water!</p> <p><input type="checkbox"/> SUN 28 JAN</p>	<p><input type="checkbox"/> MON 29 JAN</p>	<p><b>Excited to complete your last day of Just Water tomorrow?</b></p> <p><input type="checkbox"/> TUE 30 JAN</p>	<p><b>Yay - It's your last day!</b> Congrats on drinking Just Water for a whole month. Legend!</p> <p><input type="checkbox"/> WED 31 JAN</p>	<p><b>Donate £24 for 24 hours off</b></p> <p><b>Donate £48 for a whole weekend off</b></p> <p><b>#WaterMeansLife</b></p>	



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.

Registered with

