

No headaches. No hangovers. Just Water.



Challenge yourself to drink nothing but water this January.

		<p>Let the challenge begin! Everyone says the first few days are the hardest.</p> <p><input type="checkbox"/> SAT 1 JAN</p>	<p>Pub trip planned? Ask your friends to donate what they would have spent on buying you a drink.</p> <p><input type="checkbox"/> SUN 2 JAN</p>	<p><input type="checkbox"/> MON 3 JAN</p>	<p>Must avoid caffeine! First week at work. Not ready. Dreaming of Christmas.</p> <p><input type="checkbox"/> TUE 4 JAN</p>	<p><input type="checkbox"/> WED 5 JAN</p>
<p>Raise £10 on your online fundraising page and we'll send you an exclusive drinks coaster as a reward.</p> <p><input type="checkbox"/> THU 6 JAN</p>	<p><input type="checkbox"/> FRI 7 JAN</p>	<p>Got a special occasion? Ask someone to donate to you £24 to raise a glass pass, so you can take a day off.</p> <p><input type="checkbox"/> SAT 8 JAN</p>	<p>Having a dinner party? Use our recipes inspired by drinks you're missing the most and ask guests for a donation on arrival.</p> <p><input type="checkbox"/> SUN 9 JAN</p>	<p><input type="checkbox"/> MON 10 JAN</p>	<p>Keep going, you've got this!</p> <p><input type="checkbox"/> TUE 11 JAN</p>	<p><input type="checkbox"/> WED 12 JAN</p>
<p>Hit a wall? Remember why you're doing this - to help bring water and fresh hope to people around the world.</p> <p><input type="checkbox"/> THU 13 JAN</p>	<p>Happy Friday! Why not donate to yourself what you'd normally spend on a coffee this morning?</p> <p><input type="checkbox"/> FRI 14 JAN</p>	<p>Half way through! Celebrate by posting about it on your social media page.</p> <p><input type="checkbox"/> SAT 15 JAN</p>	<p><input type="checkbox"/> SUN 16 JAN</p>	<p><input type="checkbox"/> MON 17 JAN</p>	<p><input type="checkbox"/> TUE 18 JAN</p>	<p>Struggling this week? Hit us up if you have any questions at justwater@wateraid.org</p> <p><input type="checkbox"/> WED 19 JAN</p>
<p><input type="checkbox"/> THU 20 JAN</p>	<p>Quick pick me up? Liven up your water with a slice or two of lemon.</p> <p><input type="checkbox"/> FRI 21 JAN</p>	<p>Top Tip! Try some mint in hot water. It's delicious!</p> <p><input type="checkbox"/> SAT 22 JAN</p>	<p><input type="checkbox"/> SUN 23 JAN</p>	<p>It's National compliment day Say something nice to friends and ask them for a donation in return.</p> <p><input type="checkbox"/> MON 24 JAN</p>	<p>Final push Ask your friends and family for donations to see you over the finish line.</p> <p><input type="checkbox"/> TUE 25 JAN</p>	<p><input type="checkbox"/> WED 26 JAN</p>
<p>Nearly there By drinking Just Water you're helping to transform the lives of people like Puja.</p> <p><input type="checkbox"/> THU 27 JAN</p>	<p>4 weeks down! Celebrate with a nice glass of fizzy water!</p> <p><input type="checkbox"/> FRI 28 JAN</p>	<p>Don't give up now...</p> <p><input type="checkbox"/> SAT 29 JAN</p>	<p>Excited to complete your last day of Just Water tomorrow?</p> <p><input type="checkbox"/> SUN 30 JAN</p>	<p>Yay - It's your last day! Congrats on drinking Just Water for a whole month. Legend!</p> <p><input type="checkbox"/> MON 31 JAN</p>	<p>Donate £24 for 24 hours off Donate £48 for a whole weekend off Every £1 you raise before 15 February 2022 will be doubled by the UK government, up to £2 million.</p>	
<p>Help children like Puja Right now, too many children in schools across Nepal don't have a supply of clean, running water. The money you raise this month can help bring clean water to children like Puja around the world.</p>	<p>Registered with</p> <p>FUNDRAISING REGULATOR</p>	<p>Matching your donations with</p> <p>ukaid</p>				