

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. #WaterMeansLife</p> <p><input type="checkbox"/> MON 1 JAN</p>	<p>Is your birthday in January? 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>Must avoid caffeine! 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>Pub trip planned? 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>Raise the £200 Just Water target and we'll send you a coaster, water bottle and t-shirt!</p> <p> <input type="checkbox"/> MON 8 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"/> TUE 9 JAN</p>	<p><input type="checkbox"/> WED 10 JAN</p>	<p>Keep going, you've got this!</p> <p><input type="checkbox"/> THU 11 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 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"/> SAT 13 JAN</p>	<p><input type="checkbox"/> SUN 14 JAN</p>	<p>Half way through! 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>Struggling this week? Hit us up if you have any questions at justwater@wateraid.org</p> <p><input type="checkbox"/> THU 18 JAN</p>	<p><input type="checkbox"/> FRI 19 JAN</p>
<p>Quick pick me up? 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>Top Tip! 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>Ask if your workplace will match your fundraising! Some companies offer a matched giving scheme, it's worth checking!</p> <p><input type="checkbox"/> WED 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"/> THU 25 JAN</p>	<p> Don't give up now...</p> <p><input type="checkbox"/> FRI 26 JAN</p>
<p>Nearly there By drinking Just Water you're helping to transform the lives of many people.</p> <p><input type="checkbox"/> SAT 27 JAN</p>	<p>4 weeks down! 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>Excited to complete your last day of Just Water tomorrow?</p> <p><input type="checkbox"/> TUE 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"/> WED 31 JAN</p>	<p>Donate £24 for 24 hours off</p> <p>Donate £48 for a whole weekend off</p> <p>#WaterMeansLife</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.

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