# Water Means Life February Challenge

**Challenge yourself to drink nothing but water this January.**

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MON 1 JAN</strong></td>
<td><strong>SAT 6 JAN</strong></td>
<td><strong>SAT 13 JAN</strong></td>
<td><strong>SAT 20 JAN</strong></td>
<td><strong>MON 1 JAN</strong></td>
</tr>
<tr>
<td>Ask your friends to donate what they would have spent on buying you a drink.</td>
<td>Remember why you’re doing this - to help bring water and fresh hope to people around the world.</td>
<td>Liven up your water with a slice or two of lemon.</td>
<td>By drinking Just Water you’re helping to transform the lives of many people.</td>
<td></td>
</tr>
<tr>
<td><strong>SUN 7 JAN</strong></td>
<td><strong>SUN 14 JAN</strong></td>
<td><strong>SUN 21 JAN</strong></td>
<td></td>
<td><strong>SUN 7 JAN</strong></td>
</tr>
</tbody>
</table>

## Weekly Challenges

- **Let the challenge begin!**
  - **MON 1 JAN**
  - Everyone says the first few days are the hardest. #WaterMeansLife

- **Is your birthday in January?**
  - **TUE 2 JAN**
  - Ask people to donate to your fundraising page in lieu of a gift!

- **Got a special occasion?**
  - **WED 3 JAN**
  - Ask someone to donate to you £24 to raise a glass pass, so you can take a day off.

- **Raise the £200 Just Water target**
  - **TUE 9 JAN**
  - and we’ll send you a coaster, water bottle and t-shirt!

- **Keep going, you’ve got this!**
  - **THU 4 JAN**

- **Happy Friday!**
  - **FRI 5 JAN**
  - Why not donate to yourself what you’d normally spend on a coffee this morning?

- **Must avoid caffeine!**
  - **MON 8 JAN**

- **Half way through!**
  - **TUE 9 JAN**
  - Celebrate by posting about it on your social media page. #WaterMeansLife

- **Top Tip!**
  - **MON 15 JAN**
  - Try some mint in hot water. It’s delicious!

- **Excited to complete your last day of Just Water tomorrow?**
  - **MON 29 JAN**
  - Yay - It’s your last day! Congrats on drinking Just Water for a whole month. Legend!

- **Final push**
  - **TUE 30 JAN**
  - Ask your friends and family for donations to see you over the finish line.

- **Nearly there**
  - **TUE 30 JAN**
  - By drinking Just Water you’re helping to transform the lives of many people.

- **4 weeks down!**
  - **MON 29 JAN**
  - Celebrate with a nice glass of fizzy water!

- **Excited to complete your last day of Just Water tomorrow?**
  - **TUE 30 JAN**
  - Yay - It’s your last day! Congrats on drinking Just Water for a whole month. Legend!

- **Final push**
  - **FRI 5 JAN**
  - Ask if your workplace will match your fundraising!

- **Hit a wall?**
  - **MON 8 JAN**
  - Remember why you’re doing this - to help bring water and fresh hope to people around the world.

- **Quick pick me up?**
  - **SAT 20 JAN**
  - Liven up your water with a slice or two of lemon.

- **Easy does it!**
  - **SAT 13 JAN**

- **Keep going, you’ve got this!**
  - **FRI 12 JAN**
  - Why not donate to yourself what you’d normally spend on a coffee this morning?

- **Got a special occasion?**
  - **WED 31 JAN**
  - Ask someone to donate to you £24 to raise a glass pass, so you can take a day off.

- **Raise the £200 Just Water target**
  - **TUE 23 JAN**
  - and we’ll send you a coaster, water bottle and t-shirt!

- **Happy Friday!**
  - **FRI 19 JAN**
  - Why not donate to yourself what you’d normally spend on a coffee this morning?

- **Final push**
  - **FRI 26 JAN**
  - Ask your friends and family for donations to see you over the finish line.

- **Nearly there**
  - **FRI 19 JAN**
  - By drinking Just Water you’re helping to transform the lives of many people.

- **4 weeks down!**
  - **MON 22 JAN**
  - Celebrate with a nice glass of fizzy water!

## Donations

- **Donate £24 for 24 hours off**
  - **THU 18 JAN**
  - Must avoid caffeine!

- **Donate £48 for a whole weekend off**
  - **THU 18 JAN**
  - Keep going, you’ve got this!

## Registration numbers:

- England and Wales: 288701
- Scotland: SC039479

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.