

WWL

WARRIOR LIFESTYLE

MONTHLY CHALLENGE

Month 1

Warriors, each month you will be given a new Warrior Challenge. These challenges will help you build mental strength and mental discipline. Warrior challenges also provide great health benefits to your body.

MONTH 1

Water takes up to 60% of the human body, and is needed by every single cell for proper function. It can also help with losing weight, enhancing digestion, detoxifying your body while helping you to look younger, longer. Everyone knows that water is great for you, but do we actually drink enough? The quick answer is no, so we're here to help warriors.

For this month's warrior challenge, we want you to purchase a gallon jug of water during your first grocery run this month (most range anywhere from \$1-\$5) and work towards finishing that WHOLE gallon of water once a day for a month (as your health allows). Once you finish you can fill that gallon container right back up and work on filling up and finishing each day until the month is over. It can be difficult at times, but just remember, humans can survive without food for a week or more, but can only survive for a couple of days without water. There is a reason why it is essential to our well being, both physically and mentally.

If it gets difficult, there are many varieties of how you can drink your water. Don't be afraid to switch it up! Add in some cucumbers, lemons, ginger, and other ingredients to add some flavor and make it fun to drink!