

2025

HYDRATION CHALLENGE

August

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

**STAY HYDRATED EACH DAY IN AUGUST TO WIN A FREE BFAIR TUMBLER CUP!
COMPLETE THIS CARD AND RETURN TO MACAYLA FLANIGAN AT THE
NORTH ADAMS OFFICE OR VIA EMAIL (MFLANIGAN@BFAIR.ORG) BY
SEPTEMBER 3RD TO CLAIM YOUR PRIZE!**

WATER CALCULATION

YOUR WEIGHT ÷ 2 = TOTAL OUNCES OF WATER PER DAY