* Complete a daily water challenge at least 3 times a week according to weight:

Weight Ounces of Water Daily

100 pounds 67 ounces

110 pounds 74 ounces

120 pounds 80 ounces

130 pounds 87 ounces

140 pounds 94 ounces

150 pounds 100 ounces

160 pounds 107 ounces

170 pounds 114 ounces

180 pounds 121 ounces

190 pounds 127 ounces

200 pounds 134 ounces

210 pounds 141 ounces

220 pounds 148 ounces

230 pounds 154 ounces

240 pounds 161 ounces

250 pounds 168 ounces

* Complete the 30 day Thigh Challenge:



If you have any questions or concerns regarding the challenges, please feel free to schedule a time to talk with me. I want to help you meet these challenges!