**Title: Glug, glug, glug...**

**Description: Drink more water!**

Today’s challenge is simple in concept, but could be difficult in practice: Drink more water. Specifically, drink 1 glass of water today when you normally wouldn’t. So, you could chug a glass right now and mark you challenge as completed for the day. Or, do something a little more difficult and pick a beverage your normally drink and replace it with water. Kudos if water replaces a sugary drink. Don’t forget to add your glass of water to the Lume food tracker!