

9 DAYS

# i9 water challenge





Drinking enough water  
is one of the most important things we can do  
for our mind, body and spirit

We challenge you to  
commit to a 9 days journey  
&  
boost your daily consumption of water.





# Why you should do it?

Do you have a feeling or you just know  
you don't drink enough water  
and you might feel dehydrated?

This means you don't have enough water in your body  
to carry out normal functions that can:

cause headaches  
drain your energy  
make you feel tired  
dry out your skin (even if you don't see it)  
make you feel "foggy"





# How much water should you drink?

It looks like a simple question  
but the fact is that water recommendations  
are no longer a one size fits all approach.

Not all experts agree on what, precisely,  
is the amount of water one needs to drink every day  
to maintain a healthy level of hydration.

It depends on your age, weight, active lifestyle, health.

However, there are some general recommendations and during  
these 9 days we encourage you to drink at least

9 glasses of water per day




or 3 i9 water bottles.



*yes,  
you can  
drink even more!*




# How the Challenge Works?


- 1 Download and print the Water Drinking challenge fun sheet.
- 2 Drink 9 or more glasses of water per day.
- 3 Send gratitude to water before you drink. 
- 4 Track your consumption using your fun sheet.












 Note: only water counts!


Be Nature conscious and drink  
from reusable water bottles and cups!

colour a glass every time  
you drink one

i9 water challenge 

My name: 

DAY	TOTAL # OF GLASSES / i9 BOTTLES	MY ENERGY LEVEL	MY NOTES
1		☆☆☆☆☆	
2		☆☆☆☆☆	
3		☆☆☆☆☆	
4		☆☆☆☆☆	
5		☆☆☆☆☆	
6		☆☆☆☆☆	
7		☆☆☆☆☆	
8		☆☆☆☆☆	
9		☆☆☆☆☆	

 TAKE A PHOTO OF YOUR FACE IN THE  
MORNING ON DAY 1 AND DAY 10!

SHARE YOUR EXPERIENCE  
#i9WATERCHALLENGE @i9LIVING



# Lets talk about prizes!

Share your journey and you can WIN amazing prizes!



3 x i9 Water Bottle



3 x Mobile phone  
Protection

3 x Energy  
Place Mat





# How to enter?

- 1 share your experience during the challenge on Facebook or Instagram from 22.3. – 1.4. 2022
- 2 add #i9waterchallenge
- 3 tag @i9living



Follow us  
to get some extra TIPS  
and join the i9 tribe!

What if you are not on FB or Instagram?

No worries.  
Share your experience  
via email: [spela@i9living.com](mailto:spela@i9living.com)

Winners will be announced on  
our webpage [www.i9living.eu](http://www.i9living.eu)  
on Monday, 4.4. 2022.



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# Before you start!



Take a photo of your face in the morning on **DAY 1!**



Take another photo of your face in the morning after the challenge on **DAY 10!**



*See the difference?*

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Set your INTENTION and be clear WHY you are doing this challenge!



Invite your friends and do it **TOGETHER!**



# Be mindful about THE WATER you drink!

Do you know that the modern water system  
robs the water of its vitality?

Unfortunately it is clear the quality of  
drinking water is getting worse!

The water which we usually drink is depleted and has a bent  
molecular structure which is not beneficial to our health.

Our bodies need the revived water,  
because only in this state it can expedite  
the transport of nutrients to the cells and between them.

The body can change it itself, but to do that it uses energy otherwise  
used for the protection and reparation of the body.

To stay vital and keep your level of energy high  
– drink harmonised live water.

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There are many harmonization techniques that you can use  
to harmonise water.



With i9 bottle – live water is at your reach 24/7!

Informed tag alters the structure of the water.  
By adding energy potential to the water  
it produces structured harmonized live water.