Water Dropping Cycle						
	Day 1	**Day 2**	**Day 3**	**Day 4**	**Day 5**	
Water Intake	3 liters	3 liters	4 liters	4 liters	5 liters	
Aldactone					1 tab/day	
	Day 6	**Day 7**	**Day 8**	**Day 9**	**Day 10**	**Contest day**
Water Intake	5 liters	6 liters	6 liters	7 liters	500ml	250ml
Aldactone	1 tab/day	2 tab/day	2 tab/day	2 tab/day	2 tab/day	
Product needed:						
Aldactone/Spiractin	11 tabs					