



WATER YOU DRINKING?

Staying hydrated is essential to your health

Challenge yourself to stay hydrated. You'll feel better and be healthier!

An essential ingredient to protect health, water is usually accessible but seldom gets enough attention.



1 glass = 8 ounces of water, which is about 2/3 the amount of a standard soft drink can.

If you can't meet the recommendation due to a physical condition, drink the appropriate amount for your situation.

Target: 8 glasses of water each day.

Activity tracker: Water You Drinking? Challenge

Challenge dates: 2/28/16 to 3/26/16

Starting point » My current daily water consumption: _____ glasses

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Totals
Week 1	Day 1: _____	Day 2: _____	Day 3: _____	Day 4: _____	Day 5: _____	Day 6: _____	Day 7: _____	Weekly goal: 56 glasses
Week 2	Day 1: _____	Day 2: _____	Day 3: _____	Day 4: _____	Day 5: _____	Day 6: _____	Day 7: _____	Weekly goal: 56 glasses
Week 3	Day 1: _____	Day 2: _____	Day 3: _____	Day 4: _____	Day 5: _____	Day 6: _____	Day 7: _____	Weekly goal: 56 glasses
Week 4	Day 1: _____	Day 2: _____	Day 3: _____	Day 4: _____	Day 5: _____	Day 6: _____	Day 7: _____	Weekly goal: 56 glasses

Your total glasses of water for this challenge =
 Turn sheet into Karen (Challenge goal: 224 glasses)



by 4/5/16

Qualify for Challenge Rewards! Turn in your tracker to be included in the quarterly drawing for a FitBit.

Name: _____ Male Female

Organization name: _____

Employee Spouse/family Current Health Tradition member? Yes No

Age (optional): 18-29 30-44 45-59 60+

Your feedback is appreciated! Did you benefit from this challenge? Want to do it again? Have ideas to make it more enjoyable?

Have you signed up for the quarterly WellMe updates yet?

Go to www.HealthTradition.com/go/WellMe