July Hydration Challenge: 6 Glasses of Water Each Day

Drinking water helps boost brain power and energy, supports weight loss, improves your complexion, flushes toxins through your kidneys, prevents headaches, and generally helps keep your body functioning properly. Fun fact! 80% of our muscles are made up of water! While most medical experts recommend drinking at least 8 glasses of water each day, this challenge is to **drink at least 6 glasses each day for 20 days this month**. Check off each day you drank at least 6 glasses (48 oz) of water. Challenge runs July 1st- July 31st. First 20 participants to submit proof of completing challenge will win a stainless-steel water bottle!

Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Total Days Successful

Challenge Accepted!

MONTHLY TOTAL:

_____
Participant Name

_____
Worksite/Department

Eligibility: ALL employees regardless of health plan status.

Scan QR code below to upload your results. First 20 participants to submit proof of completing challenge will win a stainless-steel water bottle! Must submit by August 7th to be eligible to win a prize. *Must obtain prize from Wellness Center or interofficed*

YourChoice
MANATEE HEALTH PLAN