

WOW 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. 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 each day you drank at least 6 glasses (48 oz) of water. You can turn in completed challenge to your Champion or keep it for your own records.

MONTH: _____

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Total Days Successful
Week 1								
Week 2								
Week 3								
Week 4								
Week 5								
Week 6								

Challenge Accepted!

MONTHLY TOTAL: _____

Participant Name

Worksite/Department