

Be Well Water Drinking Challenge

Let's get hydrated!



Designed to encourage you to increase your daily water intake to the generally recommended 64 oz. of water per day. The goal of this challenge is not only to drink more water but to see how staying hydrated makes your body and mind feel. If you submit your weekly progress sheet each week you will be entered into a drawing for one of two *fabulous water bottles*.

The benefits of drinking 64 oz. of water a day include:

- Strengthening your immune system
- Improving focus and memory
- Normalizing blood pressure
- Maintaining and managing body weight
- Cushioning your joints and organs
- Assisting with digestion

This challenge will run from December 8th to January 4th and is an individual challenge, meaning participants will keep track of their own personal water consumption and log their weekly progress themselves.

Weekly Goals

Week 1, December 8 to December 14 – Each participant will drink at least 32 oz of water a day for at least 5 out of the 7 days

Week 2, December 15 to December 21 – Each participant will drink at least 48 oz of water a day for at least 5 out of the 7 days

Week 3, December 22 to December 28- Each participant will drink at least 64 oz a day for at least 2 of the 7 days

Week 4 December 29 to January 4- Each participant will drink at least 64 oz a day for at least 3 of the 7 days

Submitting Your Progress

You will submit the amount of water, in ounces, that you consumed each day of the week that you are submitting for. **All submissions are due on Monday (12/16, 12/23, 12/30, and 01/06).** [Water Tracker](#)

Tips to Keep you on Track!

- Make drinking water a morning ritual. Drink a glass of water when you get out of bed.
- Take a water bottle with you on the go
- Freeze bits of peeled lemons, limes and oranges and use them in place of ice cubes — it's great
- Set reminders to drink water on your smart phone or smartwatch

To Participate Email us at: Be_Well@EHHD.ORG