

Hydration Challenge

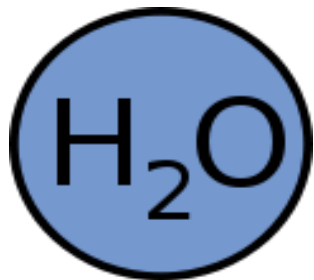
October 9 - 22

Hydration is important because most of our body is comprised of water. The proper balance of water in our bodies helps our cells, tissues and organs to function correctly. Drinking 8 glasses per day is safe and easy to remember!

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Week 1
Record 1 point for each activity completed		9-Oct	10-Oct	11-Oct	12-Oct	13-Oct	14-Oct	15-Oct	Total Pts
High water foods; cukes, melon, celery	1	foods	foods	foods	foods	foods	foods	foods	
Consumed no soda today	1	no soda	no soda	no soda	no soda	no soda	no soda	no soda	
Full glass of water in the morning	1	morning	morning	morning	morning	morning	morning	morning	
Consumed 1 cup or less of coffee	1	coffee	coffee	coffee	coffee	coffee	coffee	coffee	
Daily Total	4	Daily Total	Daily Total	Daily Total	Daily Total	Daily Total	Daily Total	Daily Total	
		BONUS	BONUS	BONUS	BONUS	BONUS	BONUS	BONUS	

BONUS! 1 extra point each day you consume at least 8 glasses of water

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Week 2
TOTAL CHALLENGE POINTS: WEEKS 1 & 2		16-Oct	17-Oct	18-Oct	19-Oct	20-Oct	21-Oct	22-Oct	Total Pts
		foods	foods	foods	foods	foods	foods	foods	
		no soda	no soda	no soda	no soda	no soda	no soda	no soda	
		morning	morning	morning	morning	morning	morning	morning	
		coffee	coffee	coffee	coffee	coffee	coffee	coffee	
		Daily Total	Daily Total	Daily Total	Daily Total	Daily Total	Daily Total	Daily Total	
		BONUS	BONUS	BONUS	BONUS	BONUS	BONUS	BONUS	
GOAL: 50 POINTS OR ABOVE									



Questions? Contact Katie Alkema at kalkema@holtynhpc.com or 269.290.5167

