

Worksite Wellness - Monthly Challenge


APRIL

This month will be all about focusing on **staying hydrated**. Did you know that adequate hydration helps nutrients get to all areas of the body supporting metabolism, promoting healing when an injury occurs, and in removing waste products from the body. Water is the best choice to sip on all day long!

As we are all different sizes and have different levels of activity, there is not a one-size-fits-all recommendation for how much water a person should drink to stay hydrated. A good starting point, however, is to drink a minimum of 2 Liters daily (or 68 fluid ounces, or 8 1/2 cups). **Keep track of your beverage intake below by placing a check mark ✓ each day you meet this goal.**

Each  represents a point! Earn up to 30 points!
(to earn a point, would have to consume at least 68 fluid ounces of water)

Total Points
(up to 45 pts.)

<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
<input type="checkbox"/> 8	<input type="checkbox"/> 9	<input type="checkbox"/> 10	<input type="checkbox"/> 11	<input type="checkbox"/> 12	<input type="checkbox"/> 13	<input type="checkbox"/> 14
<input type="checkbox"/> 15	<input type="checkbox"/> 16	<input type="checkbox"/> 17	<input type="checkbox"/> 18	<input type="checkbox"/> 19	<input type="checkbox"/> 20	<input type="checkbox"/> 21
<input type="checkbox"/> 22	<input type="checkbox"/> 23	<input type="checkbox"/> 24	<input type="checkbox"/> 25	<input type="checkbox"/> 26	<input type="checkbox"/> 26	<input type="checkbox"/> 28
<input type="checkbox"/> 29	<input type="checkbox"/> 30			<input type="checkbox"/>		

Name: _____

Date: _____