

30 Day Water Challenge - 64 oz. per day

Goal: The goal of this challenge is drink at **least 64 ounces of water per day**

Requirements: Shade in or check off the number of glasses to match daily water consumption
List start and end date. Per the CDC, take body weight divided by two,
to get the recommend number of ounces of water per day.

Deadline: Completed form to be submitted to Auditor's Office by November 30, 2026

Start Date _____

Day 1 

Day 2 

Day 3 

Day 4 

Day 5 

Day 6 

Day 7 

Day 8 

Day 9 

Day 10 

Day 11 

Day 12 

Day 13 

Day 14 

Day 15 

Day 16 

Day 17 

Day 18 

Day 19 

Day 20 

Day 21 

Day 22 

Day 23 

Day 24 

Day 25 

Day 26 

Day 27 

Day 28 

Day 29 

Day 30 

End Date _____

Participant Name _____

Employee Name _____

Health Incentives: Each individual challenge completed by a covered employee or covered spouse earns \$25 per challenge into the employee's HSA/FSA. Note: an employee can only submit a max of 4 different challenges completed by the employee and/or covered spouse per calendar year, receiving a maximum health incentive challenge benefit total of \$100. An individual cannot submit a duplicate challenge. Completed forms to be submitted to Auditor's Office by November 30 deadline.