

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: You will need to shade in the number of glasses to match your water consumption.

Please remember to list your start and end dates as well.

Incentive: Each Challenge you complete (maximum of 4) will earn you \$25 per challenge into your HSA/FSA.

Per the CDC, you should take your weight and divide by two, to get the recommend number of ounces of water.

Deadline: November 30, 2022

Day 1		Day 16	
Day 2		Day 17	
Day 3		Day 18	
Day 4		Day 19	
Day 5		Day 20	
Day 6		Day 21	
Day 7		Day 22	
Day 8		Day 23	
Day 9		Day 24	
Day 10		Day 25	
Day 11		Day 26	
Day 12		Day 27	
Day 13		Day 28	
Day 14		Day 29	
Day 15		Day 30	

Participant Name: _____

Employee Name: _____

Start Date: _____

End Date: _____