

If your wellness program has a logo, insert it here to brand this challenge as part of your program!

Hydration Challenge

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Challenge yourself – drink more water! Challenge start date: \_\_\_\_\_\_\_\_ Challenge end date: \_\_\_\_\_\_\_\_\_

Set your own goal, use the tracker and turn it in to person to be entered in a drawing for fun prizes!

= 8 ounces of water

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Week 1  Dates |  |  |  |  |  |  |  |
| Week 2  Dates |  |  |  |  |  |  |  |
| Week 3  Dates |  |  |  |  |  |  |  |
| Week 4  Dates |  |  |  |  |  |  |  |

If you want to fill out this tracker digitally, double click the water droplet you’d like to color in, go to “Shape fill” and select the color you’d like to fill in the shape.