

Hydration Challenge: 6 Glasses of Water Each Day



Drinking water helps boost brain power and energy, supports weight loss, improves your complexion, flushes toxins through your kidneys, prevents headaches, and generally helps keep your body functioning properly. While most medical experts recommend drinking at least 8 glasses of water each day, this challenge is to **drink at least 6 glasses each day for 20 days this month**. Check each day you drank at least 6 glasses (48 oz) of water. At the end of the month, count the days you were successful and write it in the total box. If you are successful at least 20 days, return this completed form by September 1st to win a YourChoice water bottle.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Total Days Successful

MONTHLY TOTAL: _____

Challenge Accepted!

Participant Name _____

Date _____

Phone Number _____

Email Address _____

When complete, submit via email to mpolese@manateeyourchoice.com or Interoffice to Marcia Polese at YourChoice Fitness Center. Deadline: September 1, 2018.