

July 2024 - Hydration Challenge

Aim to drink a glass of water first thing in the morning and at least 8 cups (64 ounces) of water each day. Check off if you drink a glass of water when you wake up and log how many cups you drink each day.



Name: _____

Department: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	First Thing? <input type="checkbox"/>	First Thing? <input type="checkbox"/>	First Thing? <input type="checkbox"/>	First Thing? <input type="checkbox"/>	First Thing? <input type="checkbox"/>	First Thing? <input type="checkbox"/>
	# of Cups ____	# of Cups ____	# of Cups ____	# of Cups ____	# of Cups ____	# of Cups ____
7	8	9	10	11	12	13
First Thing? <input type="checkbox"/>	First Thing? <input type="checkbox"/>	First Thing? <input type="checkbox"/>	First Thing? <input type="checkbox"/>	First Thing? <input type="checkbox"/>	First Thing? <input type="checkbox"/>	First Thing? <input type="checkbox"/>
# of Cups ____	# of Cups ____	# of Cups ____	# of Cups ____	# of Cups ____	# of Cups ____	# of Cups ____
14	15	16	17	18	19	20
First Thing? <input type="checkbox"/>	First Thing? <input type="checkbox"/>	First Thing? <input type="checkbox"/>	First Thing? <input type="checkbox"/>	First Thing? <input type="checkbox"/>	First Thing? <input type="checkbox"/>	First Thing? <input type="checkbox"/>
# of Cups ____	# of Cups ____	# of Cups ____	# of Cups ____	# of Cups ____	# of Cups ____	# of Cups ____
21	22	23	24	25	26	27
First Thing? <input type="checkbox"/>	First Thing? <input type="checkbox"/>	First Thing? <input type="checkbox"/>	First Thing? <input type="checkbox"/>	First Thing? <input type="checkbox"/>	First Thing? <input type="checkbox"/>	First Thing? <input type="checkbox"/>
# of Cups ____	# of Cups ____	# of Cups ____	# of Cups ____	# of Cups ____	# of Cups ____	# of Cups ____
28	29	30	31			
First Thing? <input type="checkbox"/>	First Thing? <input type="checkbox"/>	First Thing? <input type="checkbox"/>	First Thing? <input type="checkbox"/>			
# of Cups ____	# of Cups ____	# of Cups ____	# of Cups ____			

Image credit: https://www.freepik.com/premium-vector/drink-more-water-quote-flat-design-vector-illustration_30600767.htm

Turn in your completed log through interdepartmental mail to **Jenifer Pressley** at the **Cullowhee Recreation Center** by August 9th.