

# JUNE 2015 Hydration Challenge

## GOAL: Drink 64 ounces of water each day

Each day that you drink **64 ounces** of water circle a **YES**.

Each day that you are not able to get in 64 ounces of water circle **NO** and write in how many ounces you were able to drink.

Turn in your challenge sheet to Linda Winkler or put your sheet in the Health and Wellness box at the time clock area by noon on Monday July 6, 2015. Any sheets turned in after July 6<sup>th</sup> won't count for RCH wellness points.

DATE	Daily Completion	
	YES	NO
June 1		
June 2		
June 3		
June 4		
June 5		
June 6		
June 7		
June 8		
June 9		
June 10		
June 11		
June 12		
June 13		
June 14		
June 15		
June 16		
June 17		
June 18		
June 19		
June 20		
June 21		
June 22		
June 23		
June 24		
June 25		
June 26		
June 27		
June 28		
June 29		
June 30		
<b>TURN IN SHEET BY JULY 6th</b>		

**Adequate hydration is important for every cell, organ, and system in our bodies.**

**Drink your 8 – 8oz cups of water each day for a total of 64oz.**

