

## July 2023 - 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
						<b>1</b> First Thing? __ # of Cups __
<b>2</b> First Thing? __ # of Cups __	<b>3</b> First Thing? __ # of Cups __	<b>4</b> First Thing? __ # of Cups __	<b>5</b> First Thing? __ # of Cups __	<b>6</b> First Thing? __ # of Cups __	<b>7</b> First Thing? __ # of Cups __	<b>8</b> First Thing? __ # of Cups __
<b>9</b> First Thing? __ # of Cups __	<b>10</b> First Thing? __ # of Cups __	<b>11</b> First Thing? __ # of Cups __	<b>12</b> First Thing? __ # of Cups __	<b>13</b> First Thing? __ # of Cups __	<b>14</b> First Thing? __ # of Cups __	<b>15</b> First Thing? __ # of Cups __
<b>16</b> First Thing? __ # of Cups __	<b>17</b> First Thing? __ # of Cups __	<b>18</b> First Thing? __ # of Cups __	<b>19</b> First Thing? __ # of Cups __	<b>20</b> First Thing? __ # of Cups __	<b>21</b> First Thing? __ # of Cups __	<b>22</b> First Thing? __ # of Cups __
<b>23</b> First Thing? __ # of Cups __	<b>24</b> First Thing? __ # of Cups __	<b>25</b> First Thing? __ # of Cups __	<b>26</b> First Thing? __ # of Cups __	<b>27</b> First Thing? __ # of Cups __	<b>28</b> First Thing? __ # of Cups __	<b>29</b> First Thing? __ # of Cups __
<b>30</b> First Thing? __ # of Cups __	<b>31</b> First Thing? __ # of Cups __					

Image credit: [https://www.freepik.com/premium-vector/drink-more-water-quote-flat-design-vector-illustration\\_30600767.htm](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 10th.