


July Hydration Challenge

Aim to drink a glass of water **first thing** in the morning, and drink at least 8 cups (64 ounces) of water each day.

Check off if you drink a glass when you wake up & log how many cups you drink each day.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Name: _____ Department: _____						1 First Thing? ___ # of Cups ___	2 First Thing? ___ # of Cups ___
3 First Thing? ___ # of Cups ___	4 First Thing? ___ # of Cups ___	5 First Thing? ___ # of Cups ___	6 First Thing? ___ # of Cups ___	7 First Thing? ___ # of Cups ___	8 First Thing? ___ # of Cups ___	9 First Thing? ___ # of Cups ___	
10 First Thing? ___ # of Cups ___	11 First Thing? ___ # of Cups ___	12 First Thing? ___ # of Cups ___	13 First Thing? ___ # of Cups ___	14 First Thing? ___ # of Cups ___	15 First Thing? ___ # of Cups ___	16 First Thing? ___ # of Cups ___	
17 First Thing? ___ # of Cups ___	18 First Thing? ___ # of Cups ___	19 First Thing? ___ # of Cups ___	20 First Thing? ___ # of Cups ___	21 First Thing? ___ # of Cups ___	22 First Thing? ___ # of Cups ___	23 First Thing? ___ # of Cups ___	
24 First Thing? ___ # of Cups ___	25 First Thing? ___ # of Cups ___	26 First Thing? ___ # of Cups ___	27 First Thing? ___ # of Cups ___	28 First Thing? ___ # of Cups ___	29 First Thing? ___ # of Cups ___	30 First Thing? ___ # of Cups ___	
31 First Thing? ___ # of Cups ___	Turn in your completed log through interdepartmental mail to Jenifer Pressley at the Cullowhee Recreation Center by August 10th.						