

Just Add Water! challenge

Activity Tracker

Name _____

The Challenge

Just Add Water is all about learning how to make healthy choices when it comes to what you drink. For this challenge, we encourage you to not only swap sugary, caffeinated, and high-calorie drinks for water, but also to strive to consume the recommended daily serving of water.

The Goal

Use the activity calendar below to track how many glasses of water you drink each day. For each glass of water you drink, check off one box. The goal is to sip down eight, eight-ounce glasses each day. Earn one point for each day you drink eight glasses of water. Earn at least 14 points by the end of the campaign to complete the challenge.

	SUN	MON	TUES	WED	THU	FRI	SAT	POINTS	
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	SUN	MON	TUES	WED	THU	FRI	SAT	POINTS	
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GRAND TOTAL POINTS _____

Schurz
Choice
BENEFITS PROGRAM

Turn in your completed activity tracker to
_____ by _____.