

Join us for the

Just Add Water! challenge

It's tough enough to avoid sugary beverages, let alone drink the recommended eight glasses of water a day. Learn how to swap out sugary, caffeinated, and high-calorie drinks for water and avoid pouring on the pounds!

What's it about?

The Just Add Water Challenge is about learning how to make healthy choices when it comes to what you drink.

How long is the campaign?

Four Weeks

The Challenge

Each day, try to drink eight, eight-ounce glasses of water. Track how many you drink each day and earn one point for each day you drink eight glasses. Earn 14 points to complete the challenge!

