THE CENTER FOR HEALTH EDUCATION AND WELLNESS

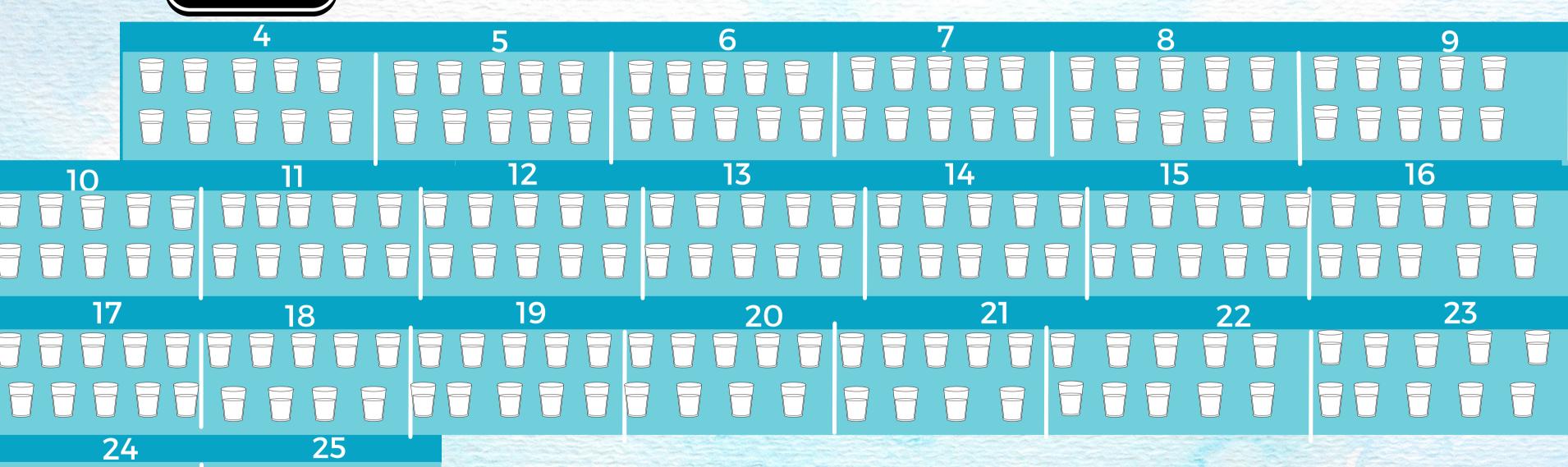


HYDRATION CHALLENGE



APRIL 4TH-APRIL 25TH

START



Use this calendar to track your water intake during the 3- week Hydration Challenge.

GOAL: I WILL STRIVE TO DRINK _____ OZ OF WATER PER DAY

Example: I will drink 64 oz of water per day= 8 cups of water.

