



# Challenge: Hydration is Key

Hydration is a key part of our overall health. Aim for 64 ounces of fluid per day. Water is our beverage of choice, but all fluids count!

**INSTRUCTIONS:** Give yourself two (2) points for days that you consume 50+ ounces of water or other calorie-free or low-calorie beverage (that's at least 6+ glasses). Tally your points in the calendar below.

Name: \_\_\_\_\_ Member Number: \_\_\_\_\_

Sunday	Monday	Tuesday	Wednesday	Thursday 1	Friday 2	Saturday 3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Did you earn 50 points this month? Submit your points by **MAY 4, 2026** to be entered in the prize drawing.



Total Points for the Month

\*Please note that this challenge is **not** intended to replace medical advice. Before beginning this or any other nutritional or exercise regimen, consult your physician to be sure it is appropriate for you.

APRIL 2026



Tracking Sheet