

water works

Hydrate for health!

Join Water Works, a six week hydration challenge. Simply track your water intake, see how your body improves and learn all about the benefits of hydration!

Check the boxes below each day if you reached your daily goal of 64 oz. of water!



	mon.	tues.	wed.	thurs.	fri.	sat.	sun.
week 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
week 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
week 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
week 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
week 5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
week 6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

how it works



join

Join the Water Works Challenge, a 6 week healthy hydration challenge! Keep track of your water intake each day and watch how your body improves. Learn more about why water is so important, how much water you need and easy tips to stay hydrated throughout the day!

goal

The challenge goal is to drink 64 ounces of water for at least 4 days during each week of the challenge.

get started

- 1 Sign up on the WellWork Challenge site: www.wellworkchallenge.com**
Create a username and password and fill out your profile. Once you've created your profile, click to join the WATER WORKS challenge. You will have access to your Daily Endorphin Dashboard to check your standings throughout the Challenge.
(If you participated in last year's challenge, sign-in with the username and password from last year, and click to join the WATER WORKS challenge).
- 2** Join a conference: You can compete as a part of a team or as an individual. Teams can be from 2-5 people.
- 3** Starting February 4th through March 17th, log your daily water intake by checking the daily nutrition box titled '8 Glasses of Water' on your Daily Endorphin Dashboard. You can also print off the Challenge Tracker and leave it at your desk to log your daily water intake as well. Encourage your teammates and coworkers to drink more water each day.
- 4** Each day you drink 64 ounces of water, you will receive 4 points in the Challenge. Try to accumulate 4 points each day and watch how your body improves.
- 5** Read the WaterWorks tip sheet each week for helpful tips to keep hydrated throughout the day.
- 6** Track your spot on the leaderboard via the online portal or via the free app *(details online)*.

