


AUGUST 2023 TRACKER

stay hydrated

NAME:

DEPT:

PHONE:

SUN	MON	TUE	WED	THU	FRI	SAT
		1 — — —	2 — — —	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 — — —	31 — — —		

August is a HOT month and many of us work outdoors. It is important to stay hydrated year-round, but it's especially crucial in August. Here's how you can get your fluids in AND maybe earn some rewards.

- No Registration
- To be eligible for the prize drawing you must drink a minimum of eight 8-oz glasses--or a total of 64 oz--of water* every day for 29 of 31 days.
- *What is water? What is not water? Read the "Stay Hydrated" instructions on the back.
- Use this log to track your intake.
- Your log is due to Theresa Ebeling (ebelinta@kirkwoodmo.org) by Th Sep 7. Easy-peasy!



CHALLENGE PERIOD: AUGUST 1 - 31, 2023

Complete 29 out of 31 days to be entered in a drawing to win a \$10 gift certificate.

STAY HYDRATED



August Challenge

The Details:

1. **No registration required.** Simply track your water intake on the log. There will also be printed logs in the lunch rooms.
2. **Dates:** This challenge runs August 1 thru August 31, 2023 you are allowed two "rest" days, meaning you must reach the daily goal for 29 out of 31 days in August.
3. **Use the log to track your water intake.** You can check off each line on every day on the calendar to help you keep track OR simply cross off the box on the day in question showing you drank eight glasses (64 ounces) of water (**THIS IS THE GOAL**).
4. Turn in your log at the end of August. All logs are due to Theresa Ebeling by Thursday, September 7th.
5. Final Prize: Everyone who turns in a log and meets the requirements will be entered into a drawing for a \$10 gift card.
6. Weekly: There will be weekly WOW emails with healthy tips for staying hydrated.

*What Counts as Water?

Water

Tap or Bottled, fruit & veggie slices (ex. lemon or cucumber) are allowed

Sparkling Water

This is water with CO2 added for fizz, real fruit flavoring but no added sugar or artificial sweeteners are allowed

"Smart Water"

or other brands of water with added electrolytes with no added chemicals, dyes, or flavors are allowed

*What Does Not Count as Water?

Coffee

Tea

Alcohol

Soft Drinks

Energy Drinks

Sports Drinks

Water

w/Crystal Light, Gatorade, or Powerade flavoring

Club Soda

Tonic Water