

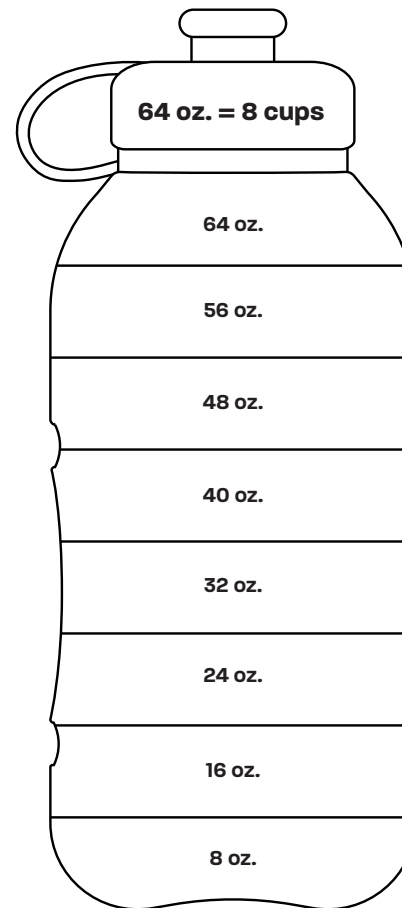
Don't Wait, Hydrate

Challenge yourself to drink 8 cups of water each day.
Color in a section of the 64 oz water bottle to help you reach your goal!
Once you have drank 8 cups, the water bottle will be full.

1 _____ $\div 2 =$ _____ oz
Weight lbs

2 _____ $\times 0.4 =$ _____ oz
Exercise Minutes

3 _____ oz $+$ _____ oz $=$ _____ oz
Step 1 Step 1 H2O Needed



PRO TIP
The more active you are,
the more water you need!
Add 3-8 oz for every 20
minutes of exercise!



JOINTHECLUB



or submit your challenge for the chance to win prizes!