























WATER

YOU DRINKING?



 = 8 oz = 1 cup


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 	2 	3 	4 	5 
8 	9 	10 	11 	12 
15 	16 	17 	18 	19 
22 	23 	24 	25 	26 
29 	30 	31 		

WATER YOU DRINKING?



Challenge Details

Wellness@Work is challenging you to increase your daily water consumption. Track your daily water intake throughout July! Put an "X" in each water drop after you've had 8 oz of water.

 = 8 oz = 1 cup

Although other beverages and food contribute to your daily water intake, this challenge is just to track the water you are drinking. Consider replacing sugar-sweetened or caffeinated beverages with tap water.

Check out the Wellness@Work website for a list of tips on [how to make water your drink of choice](#) and suggestions on how to add flavor to your water.

Submit a scanned copy of your completed tracking sheet to wellnessatwork@uoguelph.ca or send by campus mail to Sarah Joose in HR by August 2nd, 2019 for your chance to win a prize!

Please add your contact information below to be entered in the prize draw.

Name: _____

U of G Email: _____

U of G Phone: _____

Thanks for your participation! Winners will be announced in August.

Learn more: uoguelph.ca/wellnessatwork