



WATER YOU DRINKING? CHALLENGE!

Brought to you by the Philomath School Health and Wellness Committee.

About the Challenge

This month-long challenge is designed to encourage you to boost your daily consumption of water. Not all experts agree on what, precisely, is the amount of water one needs to drink every day to maintain a healthy level of hydration. However, in general, the recommendation that is considered to be a safe amount of daily water is the 8×8 rule: an eight-ounce glass of water, 8 times a day.

During the *Water You Drinking? Challenge* the goal is to consume eight glasses of water per day. Although other beverages such as soda, coffee, and juice contribute toward your daily liquid intake, the challenge is geared solely toward increased consumption of water in place of sugary and caffeine-containing beverages.

How the Challenge Works

Consume eight or more eight-ounce glasses of water per day. At home or at work. Track your consumption using the google doc form. When you log the number of glasses of water consumed daily throughout the month of April, your name will be entered into a drawing to win prizes.

Remember: *only water counts!*

Need help drinking those 8 glasses per day?

Check out these helpful tips: <https://mayoclinichealthsystem.org/hometown-health/speaking-of-health/tips-for-drinking-more-water>

**Remember to keep the environment in mind while participating in this challenge, and drink from reusable water bottles and cups whenever possible!*

Join the *Water You Drinking? Challenge*

First, begin by adding your name to the Google doc information here: [Water Challenge Tracking](#)

Then start hydrating!

Beginning April 1, track the amount of water you consume daily. Only water counts!

- Record the number of eight-ounce glasses of water every day. 8 oz. = 1 cup,
- On April 30th, total the number of 8-ounce glasses of water consumed during the month.

Did You Know?

Dehydration occurs when you don't have enough water in your body to carry out normal functions. Even mild dehydration can:

- Drain your energy
- Make you tired
- Dry out your skin
- Cause headaches
- Cause dizziness or make you feel “foggy”



SO... WATER YOU WAITING FOR!?!? Take a sip and let the hydration begin...

This challenge is brought to you by your Philomath School District Wellness Committee. Please contact any of the Committee members with questions or concerns. Committee members are: Nurse Tina, Nurse Elisha, Mary Ackermann, Jennifer Griffith, Jean Chiappisi and Julian Livermore-Chiappisi.

*** We are currently in need of a few more members! The Committee meets once per month for one hour. Contact Nurse Tina for information tina.hoch@philomath.k12.or.us.*