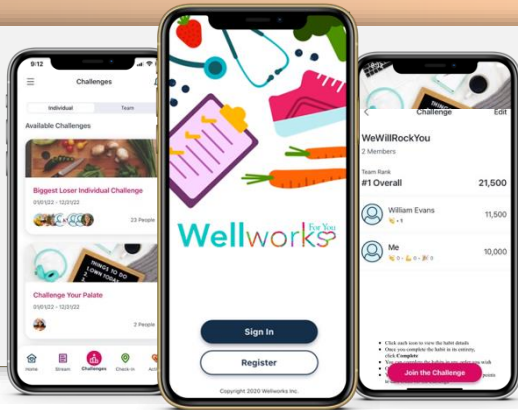


# Don't Wait - HYDRATE!

## INDIVIDUAL HYDRATION CHALLENGE



### PARTICIPATION MADE EASY

Easily sync your device, check the Challenge Leaderboard, track your habits, and even confirm your Wellness Program completion status with the Wellworks For You Mobile App!

Download through the Google Play or App Store to get started.



### SIGN UP

#### REGISTER FOR THE CHALLENGE

1. Log into the [Wellness Portal](#) or **Wellworks For You Mobile App**
2. Click **Challenges** under the **Wellbeing Desktop** on the homepage
3. Select the **Don't Wait - HYDRATE Challenge**, then click **Activate**
4. Select how you would like to appear on the leaderboard and click **Proceed to Dashboard**

*\*Google Chrome is the recommended browser when participating in challenges on the Wellness Portal.*

### JULY 15 – AUGUST 25

This individual challenge requires you to complete different activities over the course of **six (6) weeks** to help you stay hydrated and develop habits that will stay with you for the rest of your life.



### PARTICIPATE

#### REQUIREMENTS TO EARN CREDIT

- Click each **icon** to view the activity details
- Once you complete the activity in its entirety, click **Complete**
- You can complete activities in **any order you wish**
- Only **one (1)** habit can be logged per day
- Complete 16 activities to earn credit

**PLEASE NOTE:** Final habits must be logged by **11:59pm EST** on **8/25** in order to qualify for the challenge.



### EARN A REWARD

#### INCENTIVE FOR COMPLETION

Participants must **complete 16 habits** throughout the **six (6) week** challenge to earn credit for **one (1)** Additional Activity towards their 2024 Wellness Program.



800.425.4657  
[www.wellworksforyoulogin.com](http://www.wellworksforyoulogin.com)



70 E Lancaster Pike  
Frazer, PA 19355

Wellworks For You

# Don't Wait – Hydrate!

## INDIVIDUAL HYDRATION CHALLENGE

Look forward to these healthy habits, and more!



### Hydration Calculation

Calculate how many ounces of water your body needs *at rest* by dividing your body weight in half. The amount will be a general recommendation.

**Ex:** If you weigh 200lbs, you will need 100 oz. of water daily.



### Use a Reusable Bottle

Use a **reusable water bottle** for a **whole day** this week instead of purchasing a plastic bottle.



### Track your progress

Keep track of how much water you are drinking at least **three (3) days** this week with your **Fitness and Nutrition Dashboard** on your **WWFY portal**.



### Hydrate with Electrolyte Packets

Add **electrolytes** to your water at least **two (2) days** this week.



### Drink and Eat your Water

Eat **four (4) hydrating fruit or veggies** during the course of **one (1) week**.

Some examples are watermelon, bell peppers, strawberries, and cucumbers.



### Keep it clean

Avoid drinks such as **flavored coffee and/or tea, soda, energy drinks, sweetened water and alcohol** for at least **four (4) days** this week.



### Drink 40 oz. of Water

Drink **40 oz. (5 cups)** of water at least **three (3) days** this week.



### Drink 80 oz. of Water

Drink **80 oz. (10 cups)** of water at least **two (2) days** this week.



### Drink 64 oz. of Water

Drink **64 oz. (8 cups)** of water at least **three (3) days** this week.



### Drink 120 oz. of Water

Drink **120 oz. (15 cups)** of water at least **two (2) days** this week.



### Start (and end) your day right

Have a glass of water when you **wake up and about an hour before you go to bed** at least **five (5) days** this week.



### Toast with your Team

Snap one (1) picture of you and a **coworker raising your water bottles to good health** during this challenge! Send your picture to your Wellness Coordinator - [m.clausing@wellworksforyou.com](mailto:m.clausing@wellworksforyou.com).



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