

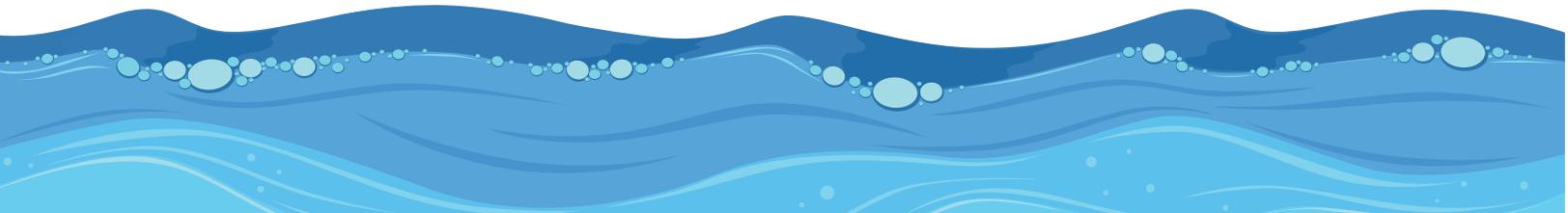


HYDRATION CHALLENGE



Use the chart below to track your water intake.
Check off a glass for each 8oz glass of water you drink!

How much water should you drink each day? In general, aim for eight 8oz glasses (for a total of 64oz) every day. Individual water needs can vary, however. You may need more if it's hot out or if you're physically active. Check with your doctor if you have questions or concerns about how much you should be drinking.



MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



Share your hydration journey on Instagram! Post a picture of how you stay hydrated at work, outside, and on the go. Don't forget to tag [@workwellnyc!](#)

