

Are you up for the Challenge?

**The Wellness
Committee is
Sponsoring a
November
Water Challenge**

- Increase your metabolism
- Aid in weight loss
- Flush out toxins
- Healthier skin
- Boost energy
- Relieve fatigue
- Reduce risk of certain cancers

Sponsored by the Wellness Committee

Each cup represents 8 oz. Your goal is to drink 8 glasses/day of water. At the end of the month turn your sheet in to the Student Life Office and each qualifying participant will receive a participation prize.

November Water Challenge

Day 1 

Day 2 

Day 3 

Day 4 

Day 5 

Day 6 

Day 7 

Day 8 

Day 9 

Day 10 

Day 11 

Day 12 

Day 13 

Day 14 

Day 15 

Day 16 

Day 17 

Day 18 

Day 19 

Day 20 

Day 21 

Day 22 

Day 23 

Day 24 

Day 25 

Day 26 

Day 27 

Day 28 

Day 29 

Day 30 

Name: _____

Dept.: _____