

Drink More Water

Summer Safety

Drink. Rinse. Repeat. (The rinsing is just good hygiene.)

Nothing beats a cold glass of water on a hot day. But proper hydration is about much, much more than just getting rid of that pesky cotton mouth. Basically, proper hydration makes your entire body function better: water helps your body regulate temperature, keeps your skin smooth, flushes unwanted toxins from your body and combats muscle fatigue. In addition, ordering water at restaurants is a great way to avoid sugary beverages or expensive alcoholic drinks.

Your June Activity

Drink 64 ounces of water each day

Place an "X" on each day you drink at least 64 ounces of water.

SUN

MON

TUE

WED

THU

FRI

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Employer Activity Tracking

Please complete the following information and submit it to your employer to receive credit for this activity:

Name:

Date:

Were you successful in your efforts to drink 64 ounces of water each day?

YES

YES, 50 - 99% of the time

YES, 0 - 49% of the time

NO