

Rethink your drink! Water is essential for life and good health. By drinking water instead of sugary drinks you are not only cutting down your calorie and sugar intake, you are also giving your body the hydration it needs. To help support PISD employees On the Move to a Healthier You, we invite you to participate in the Try It: Drink More Water Challenge.

## How it Works:

Drinking sugary drinks can be a hard habit to break. One way to help is to track what you drink. From March 23-April 6, you are challenged to rethink your drink and switch out sugary beverages with water.

### Step 1:

Use this calendar to record how many ounces of water you consume each day (1 glass=8 oz). For each 8 ounces of water you drink, mark through one glass of water symbol. To be eligible for the drawing for prizes; you must successfully drink (8) 8 oz of water per day (64 oz total) at least 10 days of the challenge.

### Step 2:

At the end of the challenge, tally the number of days you drank at least 8 (8) oz glasses of water and record the total number of days on this form.

### Step 3:

Turn your form into your Campus Health Advisory Committee (CHAC) Chair, Department Director, or designated representative by April 8<sup>th</sup>.

Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday
 Each Glass is 8 oz.	23 	24 	25 	26 	27 	28 
29 	30 	31 	1 	2 	3 	4 
5 	6 	<h2>Total Days Drinking (8+) 8 oz Glasses of Water: _____</h2> <p>Name: _____</p> <p>Email: _____ Phone: _____</p> <p>Department/Campus: _____</p>				

### Step 4:

All participants who successfully complete the challenge will be eligible for prizes. Campuses and departments with at least 10% participation will also be eligible for prizes.

