



The Fit Families Water Challenge

Do You Drink Enough **Water** Everyday?

Many of us don't! We quench our thirst with pop, sports drinks and coffee. To encourage the water habit, we are asking staff to take the FIT Families Water Challenge.

During the week of _____ to _____ we challenge you to drink the amount of water experts recommend for your weight. To find out how much water you need everyday, divide your weight by 2. This is the number of ounces of water you need to drink daily! (For example, a 130 pound woman needs 65 ounces of water—or just over 8-8 ounce glasses of water/day.)

While all beverages and food contain water, try to get only 16 ounces of your daily requirement from these sources. The rest of your daily requirement should come from water!

Using the attached log, record your name and daily water goal at the top. Then each day, color in a glass for each 8 ounce glass of water you drink. At the end of the 7-day challenge, submit your log to _____ to be eligible for the Challenge prize drawing!

