Go to www.healthytradition.com/go/wellness
Have you signed up for the quarterly wellness newsletter yet?

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Would you like to do it again? Have ideas to make it more enjoyable?
Your feedback is appreciated. Did you benefit from this challenge?

A Strategic Life Objective: 14+ glasses of water each day.

Please turn in this tracker to your company's wellness coordinator.

Are you a current Health Tradition member? **No**  **Yes**
Age (optional): 18-29  30-44  45-59  60+
I am: an employee of this company  a spouse/family member
Company name: ____________________________
Name: ____________________________

挑战:你一天喝多少杯水?

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Total glasses of water for this challenge (total goal: 224):

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Challenge: Are you drinking enough water?

Drink the appropriate amount for your situation.

If you can't meet the recommendation due to a physical condition,

An essential ingredient to peak health, water is usually accessible.

And be better.

Challenge yourself to stay hydrated. You'll feel better.

Sky blue hydrate is essential to your health.

Staying hydrated is

CHALLENGE
YOU DRINKING THE WATER?