

## About the Water Challenge

The Water Challenge is a fun and engaging way to promote hydration throughout the day.

- The challenge is six weeks long with a new theme each week.
- You choose the best format for organizing the challenge. People can participate on their own, as part of a team, or a mixture of both.



## Why Start a Water Challenge?

Most working adults spend more than half their waking hours at work. It makes sense to start thinking about what we are drinking as a part of the work day. Staying hydrated can help us feel, work and think better.

## How Much Water?

In general, water intake recommendation varies from person to person. However, in general a safe amount of daily water is the 8 x 8 rule: an eight-ounce cup of water, 8 times a day.

## Getting Started

### Step 1: Promote the challenge and recruit participants in your department

- You can email your department dates for the challenge, explain how to sign up, and who to contact
- Distribute promotional email and/or post in common areas to help with recruitment (e.g. lunch room, or water station)
- Invite team members through Outlook; be sure to include the challenge activities

### Step 2: Weekly Challenge Themes

- Consume eight or more eight-ounce cups of water per day. Track your consumption using a [water log](#). Remember: *only water counts!*
- To help you drink those 8 cups per day, there is a different theme for each week of the challenge.

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Flavor your water!	Take water breaks!	Eat foods high in water content!	Keep a water bottle nearby!	Track it!	Substitute your usual beverages!

We would greatly appreciate you sharing your department's participation of this challenge! Please email pictures at [livingwhole@llu.edu](mailto:livingwhole@llu.edu)



### Week 1



#### Flavor your water!

Add a few lemon slices, strawberries, or cucumbers to your water. Try adding frozen blueberries as ice cubes.

### Week 2



#### Take water breaks!

Take a few sips of water between work tasks, or go for a walk to the water fountain for a mental break.

### Week 3



#### Eat foods high in water content!

Options with 70-90% water content, include: watermelon, grapes, oranges, lettuce and cucumber.

### Week 4



#### Keep a water bottle nearby!

You are more likely to drink water when it's readily available.

- Keeping a water bottle at your desk is a great way to avoid long stretches without it.

### Week 5



#### Track it!

Keep daily [records](#) and be mindful of water intake during the day, or if you prefer, use a water reminder app.

- Put rubber bands around your water bottle to track consumption.

### Week 6



#### Substitute your usual beverages!

Any time you would normally grab a coffee, soda, or juice, opt for water instead!

- Dilute sugary drinks with water or seltzer to cut down on calories and sugar.

## TRACKING OPTIONS

- **Water Reminder- Daily Tracker (APP)**  
<https://apps.apple.com/us/app/water-reminder-daily-tracker/id1221965482>
- **Handout – Water Log**  
<https://myllu.llu.edu/livingwhole/quarantinewellness/>

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