

Hydration Mini Challenge

CHALLENGE DURATION

Monday, August 18 –
Friday, August 29



Your Challenge Journey

Stay refreshed and build lasting hydration habits during the month of August!



Hydration Tips

- Carry a reusable water bottle with you
- Use reminders to prompt water breaks
- Infuse your water with fruits or herbs
- Drink half your body weight in ounces of water daily



How To Log Your Water Intake

Wellworks For You Web Page Instructions:

1. Log into the Wellness Portal:
www.wellworksforyoulogin.com
2. Navigate to the **Fitness and Nutrition Dashboard** and scroll down to the **Water** tile
3. Click **+ Add Water**
4. Select the date, and log the ounces or cups of water consumed that day. **Note:** Please enter your cumulative water intake per day. New entries will override previous entries for that day.

Please Note: Participants must log their metrics at the top of the Fitness and Nutrition Dashboard page before they can log their water intake for the first time.

Wellworks For You App Instructions:

1. Click on the **Activity** icon in the bottom right
2. Scroll down to the **Nutrition** section
3. Click **Add Water**
4. Fill in the number and select units
5. Click **Save**

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