



48-A-Day Water Challenge

Instructions

This **challenge found under the “Tracking and Recognition”** section of your toolkit.

Drinking water is important for good health. This challenge encourages participants to drink at least 48 ounces of water each day. Six to eight 8-ounce glasses are generally recommended daily. (Participants should consult their health care provider on what is recommended for them.)

Check a water glass for each 8 ounces of water you drink. Only water counts. The challenge is complete when **they’ve** drank six 8-ounce cups of water on at least 20 days during the month. Whoever logs the most days could get special recognition.





























































































































































































































































Share how you and your agency completed the challenge! Email WFHT.TN@tn.gov or share it on our [Facebook page](#). **We’d love to hear about it!**

48-A-Day Water Challenge

Name _____

Agency/Department _____

*Check a water glass for each 8 ounces of water you drink. Only water counts!
You complete the challenge when you've drank six 8-ounce cups of water on at least 20 days during the month.*

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total
Week 1	  	  	  	  	  	  	  	
	  	  	  	  	  	  	  	
	  	  	  	  	  	  	  	
Week 2	  	  	  	  	  	  	  	
	  	  	  	  	  	  	  	
	  	  	  	  	  	  	  	
Week 3	  	  	  	  	  	  	  	
	  	  	  	  	  	  	  	
	  	  	  	  	  	  	  	
Week 4	  	  	  	  	  	  	  	
	  	  	  	  	  	  	  	
	  	  	  	  	  	  	  	
Week 5	